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HERBERT A. PARKYN, M. D., Editor

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SUGGESTION

A MAGAZINE OF PSYCHO-THERAPY

"Man's whole education is the result of Suggestion."

VOL. XII.

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No. 3

Influence of Early Auto-Suggestions on the Formation of Character.

BY HERBERT A. PARKYN, M. D., C. M.

Medical Superintendent Chicago School of Psychology, 4020 Drexel Boulevard, Chicago.
Written for SUGGESTION.

MAN'S whole education is the result of impressions (suggestions) received through the various sense avenues. A full-grown man has received thousands of impressions for every impression received by a child only one year old, and is able, in consequence, to reason better than a child; for reason and judgment are made possible by the storing away of impressions that have been received by the brain through the media of the sense avenues.

When it is necessary to make deductions or draw conclusions these stored-up impressions are called upon, and the result of the deduction or the conclusion will depend entirely upon the nature of the impressions that have been received already by the mind.

If you hand an apple to a normal man and tell him it is a door knob, he merely laughs at you and tells you that he is not a fool; that he knows a door knob when he sees it and handles it and that he knows also the taste, smell, touch and appearance of an apple.

It is only by the calling forth of impressions already received through the senses and making of mental comparisons that a man is able to tell the difference between an apple and a door knob. A normal man is able to discern the difference at once because these are common articles and he has received many impressions about them since his birth. The stored-up impressions become auto-suggestions, and when you tell him a door knob is an apple his auto-suggestions come to his rescue and he is able

SUGGESTION.

at once to tell the difference. But there has been a time in his early life when through lack of impressions or auto-suggestions he did not know the difference between an apple and a door knob; nor, to his sorrow perhaps, between a hot stove and a nursery rocking horse. But experience in the form of impressions has developed auto-suggestions and today he is not likely to make a play-toy out of a hot stove.

Over a year ago a friend of mine employed a "green" Irish girl, who had scarcely tasted anything else but water, fish and potatoes, before coming to the United States. One morning she came to her mistress holding a peach in one hand and a tomato in the other and said "Is them the same, Mum?" Peaches and tomatoes had been ordered for the house and when brought to the door were mixed in the same basket. Now this girl had no auto-suggestions concerning peaches and tomatoes to come to her rescue, for it was the first time she had ever seen either of these. This same girl was taught how to boil beets, but one day some red radishes were delivered at the kitchen door and a little later she came to her mistress and said, "Mum, Oi don't think them beets we got today is any good. They're so shmall and when Oi biled them they floated on the water; besoides theer insoides is whoite."

But this girl has received her impressions about beets, radishes, peaches, tomatoes and many more American fruits and vegetables and today is able without any assistance or direction to prepare a meal of any kind for any special occasion. Her mistress considers her a jewel. Why? Because so far as cooking was concerned her auto-suggestions were no further developed than a child's. She had no counter suggestions to offer to her mistress' suggestions and has quickly learned to prepare food suited to the taste of the family in which she is employed.

There are great possibilities in a new wooden barrel, provided it is empty. It is very easy to fill it with syrup or kerosene or any other liquid. But if a barrel be filled first with kerosene it is very difficult to so completely get rid of its impressions on the barrel that the barrel can be used afterward for syrup; the barrel as it were having formed an auto-suggestion which is hard to overcome.

A young child's mind is very much like a barrel, so far as its first impressions are concerned. Its mind is an empty thing waiting to be filled with any kind of impressions and the impressions of childhood are by far the most lasting. It can be brought up to speak French or German or any other language spoken in its presence. It can be brought up to believe in Christ or in heathen idols. It can be brought up courteous and gentle or vulgar and coarse. It can be brought up to have good principles or bad principles—in fact, its character, ideas, beliefs and ambitions can be molded to suit the inclinations of its parents if the early impressions are properly made. These early impressions become

the strongest class of auto-suggestions in later years and if undesirable habits of thinking or living have been formed in childhood it becomes a heroic task to overcome them after the child grows to manhood.

If parents could be brought to understand these facts, how carefully they would select the impressions that are to influence the whole life of the little charge given to their keeping!

Properly directed suggestions systematically given to children will not only keep them healthy and instill right principles and desirable ethics, but their inclinations can be developed so that they will naturally desire to pursue any line of work or study that will lead up to the life's work decided upon in advance by their parents.

The mind of the average child, however, is left open to the inroads of all kinds of suggestions, some of them good, many of them bad, and others useless or foolish, even if not disastrous.

Poor child, he does not know enough to encourage and seek the impressions which will make his life easy and useful, nor is he able to shut out the impressions that will have a deleterious effect upon his career. Without a chance to protect himself, and without being consulted as to his own choice in the matter, he is thrust into the home of a king, or the tepee of an Indian, or hovel of the degraded, to pick up what he can from his environment. He can be made a prince of the realm or a blood-thirsty savage, a Christian or a Mohammedan—all depending upon the impressions he receives. If his parents practice correct habits of eating, drinking, breathing and thinking, he will follow their example and grow up healthy and strong. If they are kind, gentle, courteous, thoughtful and loving he develops (not inherits) these qualities. If they are rough, selfish, rude, jealous, careless and quarrelsome he develops all these characteristics, and grows up entirely devoid of refinement or finer feelings; and has no conception of them, because, like the servant with the peaches and tomatoes, he has had no experience with them. He can not see that he is different from other men, he does not know the real meaning of selfishness, because he has never experienced generosity; and quarreling comes as natural to him as eating.

If anyone will take the trouble to watch the effects of some of the absurd impressions he has received in childhood, or will look for them in others, he will discover that they unconsciously influence our thoughts and actions to a far greater degree than one would believe possible.

How many of us are not influenced in our actions by little superstitions that were suggested to us in childhood? We laugh at these superstitions, and still they influence us. Do you really believe that if you are walking with a friend and you allow a lamp post, a tree, or another person to pass between you that your friendship is to be broken in consequence? Or do you really think you will have bad luck all day if after

SUGGESTION.

leaving your house you return to get something you have forgotten and start off again without first sitting down? No, I don't believe you take these superstitions seriously—still, to be on the safe side, you will avoid letting anything pass between yourself and friend, or you will sit down for a moment after returning for something forgotten.

A nurse can wield a wonderful influence for good or for bad over the children in her charge. I know of a case in point where an ignorant, superstitious Irish nurse brought up a large family of children. Every one of these children became imbued with all the old nurse's outrageous superstitions, and the influence of her brogue can be heard in the speech of all the children in the family, and it has been handed down in turn to their children with all the old lady's superstitions. Her ridiculous notions about gray eyes, brown eyes, blue eyes, red hair, dimpled chins, etc., have influenced them in their friendships and marriages, and her bugaboo stories about goblins and dragons in the dark have made them timid after nightfall.

As a rule, parents pay little attention to the nurses they employ to look after their children. They employ Mary or Jane because they seem kindhearted and can be hired cheap because they are ignorant—too ignorant, as a rule, to fill positions in which more money can be earned. Kindness is not all that is required to make a good nurse for a child; and if parents could fully realize a nurse's influence on their children they would employ only a speaker of good English, a woman with charming manners and good principles—a woman, in fact, who possesses the qualities they would like to see developed in their children. A nurse of this kind is cheap at any price. I venture to say the time is not far distant when there will be regular training schools established for nurses for children, and that these nurses when properly qualified will draw larger salaries than the trained nurses from our hospitals. When this time comes the training of the children who are to be candidates, subsequently, to the presidency of the Republic, will not be left to ignorant Mary or Jane. If a nurse is to be employed at all, it will be a nurse who will give the child the best influences during the time he is receiving his first suggestions,—the most impressionable time of a man's whole life.

Not long ago I was riding in the same railway coach with a mother and her little girl. The child was sitting in the seat opposite to her mother, riding with her back toward the engine. Suddenly the mother said to her,

"Charlotte, come here and sit beside me. It will make you sick if you ride backward."

A suggestion like this placed in the mind of a child is sufficient to influence her the rest of her life while riding in any class of vehicle. It will do a great deal to spoil her enjoyment of traveling, because she will

fuss over securing a seat facing the direction in which she is traveling and if she be forced through circumstances to ride backward, the auto-suggestion arising from the old suggestion given by the mother is sufficient to make her miserable if not actually sick.

There is no reason on earth why a person should not ride backward as comfortably as any other way. Still I have seen women standing in a street car refuse to accept a seat offered to them, the excuse being,

"Thank you! I prefer to stand. It makes me sick to ride backward." Poor things, they are made miserable by a common superstition or a suggestion given to them in childhood.

I have selected this illustration because the superstition or belief is a very common one, but there are thousands of similar absurdities prevalent among the masses to make life fussy and unhappy.

Let us arise then and see what one can do by new auto-suggestions to stamp out these old absurd notions, first in ourselves, and then, by precept and practice endeavor to assist our fellow men to free themselves from their self-imposed burdens.

Let us examine ourselves to discover what past superstitions, absurd childish impressions and habits formed in childhood play in making us miserable or unhealthy or in retarding our progress in this world; and then make ourselves over again by constantly repeated auto-suggestions in the form of affirmations that we are masters of our own destiny, that right thinking and right living bring health, that we are brave, strong and fearless, that good luck, which is another name for success, is the result of perseverance backed up by optimistic thinking. And as we think, so shall we become; and I predict that we shall be repaid a thousand fold by the strengthening of the mind and body that will follow and the increased pleasure we shall have in living.

And the children,—teach them the importance of partaking of the life essentials and place such suggestions in their minds that they will grow up strong, fearless, noble and courageous. Study carefully the environment from which they receive their first and consequently their most powerful and lasting impressions. Let the next generation of men be so freed from the petty past that their faces will not blanch at the howl of a dog outside the door; and that they may, if they wish, be married or start on a journey all unterrified on Friday or the thirteenth day of the month.

INFLUENCE.

Nor knowest thou what argument
Thy life to thy neighbor's creed has lent;
All are needed by each one,
Nothing is fair or good alone.

—Emerson.

Psychic Goodness.

BY PROFESSOR EDGAR L. LARKIN, SUGGESTION STAFF WRITER.

Director Mount Lowe Observatory, Echo Mountain, Cal. Author of "*Radiant Energy*," Fellow of the American Association for the Advance of Science, Etc., Etc.

If all human beings would lead good lives, then the earth, still speeding away around the sun, would count off splendid years. Glorious months, happy weeks, sweet days and lovely hours would roll into duration. The minutes would pile up diamonds and the seconds, rubies. It would be "Just Sunday every day"; and there would be "sunshine in the soul"; and goodness, love and peace would submerge humanity like a flood. The great, the good, the pure, the harmonic ones of the world, for many centuries, have taught this fact, wept over it, and many have worn their lives away striving to make their brothers hear. A few hear the wondrous sound, and listen to the tuneful bells ringing in the corridors and chambers of the snowy white palace of goodness. Incredibly sweet music is all the time welling up in this temple, filling its vast rooms, and bursting forth from the great ever-open gates and doors. Once heard, it can never be forgotten; and if at the instant you hear it, you will attune your very soul to its ineffable strains; a striking result will follow: you will have something that for many ages has by almost common consent been called a curious name by those at the instant receiving it—"A peace that passeth all understanding." Now, here are six words, one of these being long. They have been repeated by the good, and the loving, for thousands of years. Some who hear these strains pay not the slightest attention; others say, "There can not be much in it"; or that this "harmonic doctrine is silly," or a "kind of vagary." But now see:

THE NEW PSYCHIC SCIENCE HAS SHOWN IT TO BE TRUE.

Two years ago, it would have been thought impossible by the writer of this note that he would ever study anything but astronomy, physical science and mathematics. But the wondrous researches of Prof. Elmer Gates in his simply amazing psychological laboratory in Washington, D. C., has attracted my attention. He has shown that dreadful thoughts, rage, anger, evil ideas and bad things in the mind, at once deteriorate the blood. These react on the entire nervous system, make the physical body a lower tone, and injure the texture of the entire system. Some wicked things cause poison to appear in the blood. And strange as it may appear, the change in the body can be noticed on the face. These are carefully watched. It is now known that wicked and dreadful thoughts will finally make their impression on the face; and an all-destroying scar or blotch in the mind.

Oh, dear reader, a cancer biting and gnawing in the mind is worse than one in the body. It is enough to start tears to think that we make perhaps three-fourths of these awful sores ourselves. But what of the other fourth? It is too dreadful to think about—long; that is, if the reader allows his mind to dwell long on the subject, it will make a little scared place or wound or a scar. These horrible things are now known to be hereditary. Elaborate studies have been made and the psychologists have shown that if a mother thinks bad things or hears wicked words, or suggestions, before her child is born, it will come into the world with these impure things already growing in its mind. Now look! let all theories, all teachings, all admonitions and warnings of the good pure people of the world go for naught, if you will, but it is useless to argue against a scientific fact. So now a wonderful thing has been demonstrated thus:

RIGID SCIENCE PROVES THAT WE MUST BE GOOD. The most amazing things are being discovered by psychologists. For all ages, the most absolutely pure human beings have written, taught and wept over these things. The concentrated goodness of the ages, the breathings of poets, and at times the logic of metaphysicians, soul-students and harmonic teachers have clustered round about love. But during all this time the meaning of the word has not been understood; that is, the true psychic meaning. Even those blazing splendors,—the sweet poets of the world—have not fully realized. Indeed, none understand now; even the best dictionary knows nothing of the meaning of the word. If a diamond have a thousand facets or ten thousand, then love will have more. The best informed psychologist will confess that he is unable to explore the labyrinths of love. For centuries, it has been looked upon by students of human nature under countless aspects. Some of these have exalted its phenomena to the highest pinnacle; others have abused the marvelous thing dreadfully. Many thousands have died rather than give it up; and almost impossible to think, some have denied that such a thing exists. These have no "sunshine in their souls."

The writer is aware that he does not know enough about psychology to write on this subject; and skilled students of the complex science will notice it; but it is asserted here that it has been shown by the ablest soul-students that it is the most powerful activity in human beings. A sad thing about it is, one may think he has it in his possession, when really he has not. But when any normal person has the genuine, then it has been demonstrated that one short word, LOVE, can be substituted for the six words above.

The word "normal" has many phases of meaning not given in the lexicon. The true psychic meaning of a normal person is one who has his mind *pure*. And this word, pure, opens up an almost inscrutable laby-

rinth all in waiting to be explored. And here a book could begin to be written. Let us see, the book would have three divisions—each standing over a network of psychic mazes, with a thousand sealed doors, and if you open one of these, a thousand more would be seen lining both sides of dim chambers more mystical, esoteric and arcane, than the king and queen's chamber in the Pyramid of Suphis in Egypt. For although psychology is the oldest study on earth, all of the fifty-four different bibles of mankind, being merely psychic love-stories, just saturated with beauties; the rigid methods of science have been only lately applied, and the absolutely ineffable splendors of our own minds, even in simple things, are scarcely more than observed, from afar, at present.

The entire twentieth century may be consumed in the majestic research. It is liable to be shown now that the mind of man has no limit. This is overwhelming. The writer has had several glimpses of this; but in the great scientific meeting in St. Louis, a few weeks ago, this supernal wonder was shining and glowing on human faces. See in what an intense psychic place the writer was. It was a room filled with mathematicians. How hard for the general reader to even think of these men! First and above all their minds are as pure as the human mind can be on this planet, and under iron control.

Here is another word of which the dictionary has no conception. The writer now has a book in preparation on this word. But this is no place to go on about the mathematicians; incredible splendors flashed and glowed over their faces, and burned into the minds of everybody present. One glimpse into the snow white minds of these men would make you all think that the power of men's minds has no limit. Why, every man in the room could "weigh" the universe!

A remarkable discovery has been made by psychologists, that if a person has two important things to begin with, namely, a **PURE MIND**, and a **CONTROLLED MIND**—he is fireproof. That is, it will be almost impossible for a dreadful thought to enter, but if the evil things all enter unaware, they can be instantly cast out before they have time to blister. By keeping up this process, the known effect will be that his mind will become saturated with this wonderful thing, **LOVE**, whatever it is; and when that comes in, then all is clear sailing until death comes. This "peace that passeth all" will not go away, in fact, can not vanish so long as your mind is *pure* and under *control*. The most supernal splendors that ever have been seen on earth are bound up in this potent word **CONTROL**. Therefore, it is shown beyond any possible doubt, by accurate science, that a pure, loving controlled mind is so unconceivably valuable that we can not think of its real worth. Changeless science proclaims that you must live good, pure, loving lives.

Unseen Faces Photographed.

BY DR. H. A. REID, M.S.P.R., PASADENA, CAL.

(Continued from February SUGGESTION.)

CASE TWO.

Los Angeles, Cal., March 23, 1900.

To Whom It May Concern:

* * * In company with D. E. Lyons and T. J. Spencer, I went to Dewey Bros. photo supply house. Mr. Spencer purchased a box of 4x5 dry plates. Then Lyons and I went to the photo studio of Edward Wyllie. Upon a short interview with Wyllie as to the purpose of our visit and trial for pictures, etc., he readily consented to any and all demands I made of him. Then I proceeded to make a thorough examination of his camera, tablet, background, and lens—even taking the lens apart. Being myself a photographer of thirty years' experience, I left not a stone unturned, as I could see, where there could have been any chance for shifting of plates, or any device to trick me. I proceeded to the dark room, and, taking out of the box purchased by Mr. Spencer one of the plates, placed it in the holder; and, to make doubly sure, I marked the plate so I would know it to be the same. Mr. Lyons was in the dark room with me to see the change of plates, and one G. F. Mander stayed in the operating room with Wyllie so he could have no chance to do anything on the outside. I brought the plateholder out of dark room, placed it in the camera, and, drawing the slide ready for exposure, I sat down on posing chair; and all Mr. Wyllie did was to remove cap off lens and time the necessary exposure. He made two sittings of me. After this we went to the Plaza studio, entirely away from Wyllie's, and I there developed the two exposures made. Imagine my surprise and great joy when upon developing I saw the correct picture of my spirit mother, (a), and two grandfathers (c and d), and grandmother (b), and control, Dr. Short (e). I swear this to be a true statement. (Signed),

J. H. DISLER,
D. E. LYONS,

I also make affidavit that I recognize the old gentleman marked "unknown," as Dr. Dodson, whom I have known for twenty years. There can be no mistake as to the picture being a true likeness of the doctor as he passed from this life.

T. J. SPENCER,

238 New High street, Los Angeles, Cal.

Subscribed and sworn before me this 29th day of March, 1900.

EDNA LEESER,

Notary Public in and for Los Angeles County, State of California.

I talked with Mr. Disler about this case. He said he was well versed in the photographic art; he had followed it as a business since 1870, or

about thirty years, at Carthage, Mo., and Coldwater, Mich. He knew all the tricks of the art. He could make photographs himself with "extra" shadow faces and spooky looking figures on them, which most people would say were just like the Wyllie pictures; but they wouldn't be. He said neither he nor any other photographer could produce them by any art or skill or science known to the trade, under the same or any similar test conditions that Mr. Wyllie submitted to. And the affidavit we made was simply an act of justice and fairness to Wyllie, after we had so far suspected him as to impose on him the relentless test conditions which we did.

I talked also with Mr. Spencer about the case, as he was the prime mover in this rigid test experiment. He had believed, and had told it to others, that Wyllie once tried to deceive him, by somehow reproducing on a photo of him a picture of his deceased sister cut from an old number of Munsey's Magazine. And he fully expected to prove that Wyllie could not get any "extra" or so-called spirit faces on a photo when careful test conditions were applied. He had himself privately marked one of the plates, and helped to develop them at the Plaza studio. The result surprised him beyond measure. He said humorously, "We went to catch Wyllie and Wyllie caught us." He said that Mr. Disler on first seeing the picture was overcome with emotion, and burst into tears; and it was some time before he could recover his self-possession enough to go on with the work.

Mr. Spencer is a well known, keen, practical, every day business man; proprietor and manager of a printing house which does a large amount of legal printing for lawyers of the Los Angeles County bar.

CASE THREE.

The photo in this case, when examined under a magnifying glass, presents in some measure the phenomena of "transparency and duplication"—that is, at several points two different objects are seen, as if one was gauzy or veil-like, and the other was seen through it or dimly behind it. [See Chap. V, Note 7.] The sitter is Mr. A. N. Millspaugh, a mine operator at Ballarat, Inyo County, Cal. At my request he has given the Pasadena Society for Psychical Research the following account of his experience with Mr. Wyllie:

"My investigation of his work was so thorough, and the conditions under which the pictures were produced so stringent, as to leave no doubt whatever in my mind of their genuineness—or, in other words, that they were produced by some unseen agency, and not by any trick or fraud practiced by Mr. Wyllie. During my first few sittings I received very good pictures of relatives who had passed away—one of my grandmother being especially good. At that time I felt confident it was merely a trick, which I could do as well as Mr. Wyllie if I only knew how. And, having

had some experience in amateur photography, I decided to go to the bottom of it and find out the trick. With this in view, while entirely alone in my private office I requested my daughter (deceased) to come on my picture, and stated the place and position which I wished her to occupy. I then went to the wholesale house and purchased a box of plates, and, going to Mr. Wyllie's studio, requested him to allow me to put the plates in the plateholder and take them out myself, he doing nothing but simply making the exposure—all of which he kindly consented to. I took the plate home and developed it myself, getting on the negative just exactly what I had asked for in every particular, and which I could swear no living person except myself knew. I not only did this once, but I have something like two dozen pictures taken under the same conditions.

"The one with the lady's arms around my neck [see engraving given herewith] was given me at my request; but this plate Mr. Wyllie developed, as I had become perfectly satisfied that it made no difference whether he developed them or some one else. I had at that time in my employ a young lady stenographer, who was an active member of the Methodist church, and who is now the wife of a leading lawyer of Chicago. She was inclined to doubt that I was getting each time just what I asked for; and, to convince her, I made a request in her presence, for the picture of my daughter to appear with her finger on her cheek, and looking at me and smiling. I then took my box of plates and went to Wyllie's studio, handling the plate entirely myself. I brought it back to my office and allowed her to take it out and develop it herself, as she was also an amateur photographist. She found upon developing the plate my daughter's picture in exactly the position I had requested. This experience convinced her that these pictures were not produced through trickery or fraud. She afterward developed several others for me, and was as thoroughly convinced of Mr. Wyllie's honesty in the matter as was I myself.

CASES THAT ARE NEW TO SCIENCE.

"I am not a spiritualist in the common acceptation of the term; but my investigations not only in this line but in others has proven to me beyond any shadow of a doubt that there are unseen intelligencies surrounding us, which influence our lives to a greater or less extent."

"We have to assume that human testimony to supernormal facts may be trustworthy."—F. W. H. Myers, in "Phantasms of the Living," p. lii—1886, Prest. London S. P. R. 1900.

CASE TWELVE.

Mr. T. J. Spencer, a reputable business man and proprietor of a printing house in Los Angeles, had an exceptional experience, and gave me the following account of it:

"About the last of November, 1899, I sat for a photo at Edward

SUGGESTION.

Wyllie's studio. And there came on the plate, besides my own picture, the likeness of my friend, Mr. Frank B. Harbert, real estate broker, of Los Angeles. I had lost a dear little son a short time before, and Mr. Harbert as an intimate friend, deeply sympathized with me. By reason of this sympathetic intimacy between us I happened to be thinking of him just at the time I sat for the picture. The affair is a mystery which I can not solve. On inquiry I learned that Mr. Harbert had never had a picture of himself corresponding to this one. He and his friends at once recognized it as a correct picture of him at this time, and by recall of incidents, and comparing hours of day, we ascertained that at the moment I was sitting in the photographer's chair he was sitting in the court room of Department One of the Los Angeles County Superior Court [Judge B. N. Smith's], at ease, and in a restful and passive position for a short time, while a case was going on."

At my earliest opportunity I consulted Mr. Harbert about this matter, and he corroborated Mr. Spencer's statement substantially as given above. He had no other picture like it, with same cut of beard, etc. And he said with deep earnestness, "It is the strangest thing I ever heard of! How do you account for it?" I replied that I was not trying or pretending to account for it; I was merely seeking to find out whether it was really a fact that that thing had occurred, or whether there was some mistake in the rumors which I had previously heard about it. I said if it was a genuine case, the "accounting for it" would certainly be worked out later. He reaffirmed that the strange thing did actually occur, no matter how great a puzzle it might be to scientists or others. His wife confirmed his testimony.

I also talked with Mr. Wyllie about this case. We canvassed different theories about it; and he suggested this: "It might be that Mr. Harbert was dozing or half asleep at that moment, and his 'astral body' which the Theosophists tell about [Chap. V, Note 7] went to his friend who was thinking of him just then, and produced the picture." He did not pretend to have any fixed theory, but thought this one might probably be as good as any. He was as deeply puzzled and mystified with the strange incident as any of us, and wished to know if the Psychical Research Society of London had ever had an account of a similar instance anywhere in the world. To the best of my knowledge it had not. Mr. Wyllie said that in all his experience this phenomenon of a living person appearing as an "extra" on a plate had occurred only three, or possibly four times.

Perfect courtesy is the flower and fruit of all perfect breeding.—*Ex.*



An important part in the education of children lies in cultivating the habit of looking on the pleasant side of things rather than the reverse.
—*Ex.*

The Annular Theory.

BY PROF. ISAAC N. VAIL, PASADENA, CAL.

Written for SUGGESTION.

In order to answer some of the numerous questions which reach me continually since the publication of my papers on the Annular Theory in SUGGESTION some months ago, I send the following comments written by Capt. R. K. Carter, Professor of Engineering and Mathematics in the Pennsylvania Military Academy, on the publication of the "Earth's Annular System." (1st Ed.) I offer it to the SUGGESTION readers without comments.

CAPTAIN CARTER'S ESTIMATE.

"Not more than two years have elapsed since I first became acquainted with the Annular Theory of the Earth's formation, as originally advanced by Prof. I. N. Vail, of Pasadena, Cal. Would that it had been introduced to my notice long ago! Having for years taught elementary chemistry, geology and natural philosophy, with astronomy, I have been necessarily familiar with the various attempts made by man to explain the phenomena of nature. But none of these theories, however ably presented, has awakened the tithe of the interest which, springing up in my mind with the first sketch of Professor Vail's ideas, has grown and deepened with the perusal of every page of his writing, and every conversation with himself. At the very start the reader will be struck with the absolute and unexpected originality of the whole theory; and I unhesitatingly affirm that no logician, who grants his premises, can possibly deny his conclusions. He is a rare and a master-builder; and no scientific or religious writer of modern times has ever shown such marvelous ability in handling the inexorable weapons of LAW and LOGIC. Not one step is taken which is not based upon law, admitted by everybody; and not one link is established which will not stand the strain of the most perfect logical criticism. Let him who doubts this statement read, and essay to pick a flaw in the one or the other.

"The thought that the earth existed for ages under the influence of a system of perpetually declining, Saturn-like rings, is certainly a most fascinating one to the student of nature, but the evidence brought forward to sustain this idea will prove not only fascinating but simply amazing, even to the most skeptical astronomer or geologist. Abundant ground is presented for a wonderful revolution of ideas upon a few important points; notably the theory that all the waters of the ocean fell to the earth in pre-historic, and pre-geologic ages. This idea he simply *demonstrates* to be entirely a mistake.

"There is nothing whatever in this new theory to alarm or to antagonize men of science. The world is ripe for just such ideas. The geologist will find in this book a marvelously simple solution for the most vexing problems of his uncertain study. From whence came the ice of the glacial epochs? and from whence the unlimited supply of lime in the seas? What geologist ever pretended to be satisfied with the answers given to these, and many other queries, equally important? Any man who is dissatisfied with Professor Vail's replies will be an anomaly in scientific reasoning. The evolutionist will find the most unbounded room for thought, and the most remarkable food for reflection he has ever encountered.

"The infidel and christian will discover an entirely new arena for the contest between religion and science, and will see a light upon difficult passages in Genesis, never dreamed of by any mortal, as far as we have record, for three thousand years or more.

"There is nothing new under the sun.' But old truth resurrected is always new; and this author has made a genuine and unmistakable *discovery*; a discovery as important and far-reaching in the realm of thought as that of Columbus in modern geography. I do not say that every claim set up may need no possible modification. The author's pardonable enthusiasm may have led him to overstate some things. What enthusiast has not done so? But in dwelling upon much of the manuscript I have been most profoundly impressed with the belief that this book is the most remarkable production ever printed, concerning the great facts of the earth's formation.

"In brief, the claims set forth are as follows:

(1) "The earth, from the earliest time to the close of the Noachian deluge was surrounded by rings of aqueous vapors, commingled with much of the solid matter now composing its crust.

(2) "That mighty deluges did visit the earth from this source.

(3) "That many formations of the entire earth fell to its surface from these rings.

(4) "That the evolution of terrestrial organisms can be readily and satisfactorily explained by these aqueous and mineral downfalls, and not otherwise.

(5) "That mountain upheavals occurred immediately after such baptisms as a direct and necessary result of additional oceanic pressure, caused by the augmentation of the sea's volume and depth.

(6) "That the falling of these rings to the earth from a vast height somewhat weakened the cord of attraction for the moon, which therefore receded from the earth. This alone can explain its apparent retardation.

(7) "The downfall of these rings of aqueous vapor necessarily took

place in the polar regions, and falling there as snow caused all the glacial periods in geologic times.

(8) "Numerous passages in the first eight chapters of Genesis can be explained only by this theory. * * *

"Finally, let me say, this book is not visionary; it is exceedingly practical. It is fact, not fancy; reality, not imagination; solid and deliberate argument, not mere theorizing. Every difficulty with the wedge of admitted law, driven by the hammer of resistless logic, and whoever reads with care will be forced to concede that another great and original scientific discovery has been made." * * *

I will make no comments on the foregoing. The last edition, revised and enlarged, gives, as I see it, the only philosophic theory of the origin of coal and petroleum. I have in my possession letters from such men as Winchell Dawson, Owen and others which admit that there is much truth in my contention.

Properties of Radium.

BY SAMUEL G. TRACY, B. S., M. D., NEW YORK.

Written for SUGGESTION.

The marvelous properties of radium have made it a matter of wide interest to everyone, but to the medical man its possible value as a therapeutic agent render it a subject of special importance; already many investigators are turning their attention to the treatment of various forms of disease by means of radium, and many fields have been proposed as promising ones for its usefulness. I have already had some success in my radium treatments, especially in epithelioma (superficial cancer); and a few cases of blindness, while not cured, have had some improvement in their vision.

I am looking for practical results by a novel method, using radium by a radium fluid, which I brought out in the *New York Medical Journal* of January 9. This consists of imparting the properties of radium to a normal salt solution. This is done by placing tubes of radium in the saline solution for twenty-four or forty-eight hours; by this method a small quantity of the solution may become impregnated, and used in each case as needed; this radio-emanized fluid being antiseptic and anti-fermentative, presents great possibilities for the internal treatment of disease. By its use it may be brought to fight against bacterial diseases directly in the tissues affected, through the agency of the blood lymph and circulation and the various internal secretions.

At the request of the editor of SUGGESTION I append an article which I contributed to *The Photo-Beacon* for January:

The scientific and medical world is now deeply interested in the new, rare and wonderful substance known as radium. As yet radium has not been isolated as a metal, but is produced as a chemical, either as a bromid or chlorid. It is obtained from pitchblende, which is a comparatively rare ore. Up to the present writing it has been found in small quantities in Bohemia and Saxony in Germany; Caldwell, England, and Colorado and Texas in the United States. In 1789 a German chemist named Klaproth separated uranium from pitchblende, and since that time it has been used more or less in medicine and in the arts. However, it remained for Becquerel, a noted French chemist, to discover that uranium had certain properties similar to the X-rays. One day in 1896 he left a photographic plate exposed to some uranium salts. On top of the plate he laid a key. A few days after when he developed the plate he found on it the image of the key. It seems that the uranium sent out certain radiation which decomposed the silver salts on the photographic plate. Following along this line of experimentation came the investigations of Professor Pierre and Mme. Curié. In making some experiments with Becquerel's rays (as they are now called) they used a superior specimen of pitchblende as an excitant, and found its radio-activity was four times as great as any preparation of uranium they had previously used. In making this test they considered uranium the standard for radio-activity. Their conclusions were that there must be some other substance in pitchblende than uranium. Their surmise was eventually verified, for after two years of painstaking experimentation they first discovered polonium, a radio-active substance, named in the honor of the native country (Poland) of Mme. Curié. In 1899, a year later, they discovered radium in minute quantities. In fact, it has been said that "radium is as rare in pitchblende as gold is in sea water." It takes one ton of pitchblende to supply one grain of radium. From the above data one can realize that radium is a very rare and expensive chemical. Pure radium is now manufactured by the Societe Centrale of Paris at \$600 a grain or \$4,000,000 a pound. The German preparation is just as active and sold at a somewhat less price. The tubes of radium which I am fortunate in possessing are of German manufacture. One tube contains ten millograms, or one-sixth of a grain, with a radio-activity of 300,000. The other tube contains one gram of radium and barium bromid, with a radio-activity of only 15,000.

Professor Curié states that radium is one million times as radio-active as uranium and emits the same number of Becquerel rays 300 degrees below zero, as it does in the ordinary temperature. He also affirms that it maintains its own temperature from three to five degrees above the surrounding air, giving off enough heat to melt its own weight of ice every

hour. The remarkable phenomenon about radium is that it gives off radiations of light (and invisible rays) and evolves heat constantly without an apparent source. These evidences of energy go on for an indefinite period, leaving the radium at the end of several months' use as potent as it was in the beginning. Even after long periods of activity radium shows no microscopical, spectroscopic or chemical change. Radium has some of the penetrative properties of the X-ray. This is evidenced by its power to penetrate opaque substances and produce shadowgraphs on the photographic plate. These pictures, however, take many more hours of exposure than do the X-rays. Sir William Crookes says that radium emits three forms of rays: First, those identical with the cathode rays; second, rays of true atoms—positively electrified; third, rays which are very penetrative and thought to be identical with the Roentgen rays.

Radium certainly possesses marked physiological properties. If a tube containing a small quantity of radium is left in the vest pocket or exposed to the skin for an hour or two it will produce an inflammation of the skin similar to an X-ray burn, and at the end of ten days or two weeks its full physiological effect will be felt. In this case an ulceration may occur which will take from several weeks to several months to heal.

If a tube of highly radio-active radium is attached to the back of a mouse, it will die in twenty-four hours. If radium is inserted beneath the skin of a guinea pig it will prove fatal in a shorter time. Curié suspended one grain of radium in a cage of eight mice. They thrived well for five days, when their fur began to fall out, blindness followed and death of all in from ten to thirty days.

Certainly radium presents great possibilities in the field of medicine. This fact is recognized by the few medical men who have been making observations with radium. Authorities, both here and abroad, believe that radium has a positive effect on diseased tissues, and from my personal experience it looks as though its use were indicated in lupus (tuberculosis of the skin), other forms of tuberculosis, superficial cancer and some cases of deep cancer, chronic skin diseases, atrophy of the optic nerve and blindness from other causes. Deep-seated cancers have not as a rule been treated successfully by the X-rays. With radium rays it seems as though we had a new agent, which is more likely to give better results in some of the chronic cases which have heretofore been considered incurable. In treating deep-seated affections, the radium rays can be applied locally or through their emanations (as in consumption), thus having a distinct advantage over the X-rays. From my own reports, and those of foreign observers, I think there is sufficient encouragement to make us feel that we may be on the right road to find a specific cure for cancer and tuberculosis.

Psychical Diseases.

By W. S. ENSIGN, PHYS. CH., BATTLE CREEK, MICH.

Written for SUGGESTION.

To a friend, whose penchant is a mild, innocuous form of religious mania, I had casually remarked that the peculiar fads of a certain religious sect were all right.

"Why, you certainly do not believe in such foolishness!"

Yes, I am a believer in such foolishness to the extent of believing that all religions form some part in the world's progress, and that any kind of religion is better than none. Any new idea one may pick up may be valuable on account of the old ideas dropped. Josh Billings puts it pertly: "It's better not to know quite so much, as to know so much that ain't so."

So of the medical ideas of today. We have many fads which are probably foolish, but not as foolish as the fads and follies which they have displaced. It is a healthy sign when people show an ability to break away from dead ideas and to think independently. We have made progress very slowly along this line, and others, because we have divided into sects, and each sect takes a pride and feels it a duty to perpetuate itself and establish precedents for the government of future generations. Thus practices, beliefs and prejudices are handed down and observed, not because of any inherent virtue, but through habit. This has been a serious handicap to the world's progress in all ages and in all directions.

The world never retrogrades, however, and the new is better than the old. No matter how nonsensical a thing may appear, investigate, think, before you condemn. Use the judgment God has bestowed and allow it to work without prejudice or bias. This may set afloat many fantastical ideas, but they will be better than no ideas, and it tends to individual thinking. To learn to think is the important thing.

Disease is a state. It does not make any difference whether you "just imagine" or not. One who imagines himself ill, is ill, for a healthy person can not imagine anything of the kind. The illness may not be as the person believes or imagines, and may be in the mind, but the mind must then be in an abnormal condition. Diseases of the mind are very prevalent. Nothing short of an acute mania is recognized by a regular medicis, because his teachers knew nothing about mental aberrations, persistent ideas which become habits, or unusual psychological states. Furthermore, he is not hunting trouble, and has enough of it without grasping after the intangible. And yet sound minds are scarcer than sound bodies, and the mind is more tractable and responds more readily to proper treatment.

As one consequence of an abnormal mental condition the nerves oftentimes send out wrong information. We have sensations. A spot

feels sore, and yet when you touch it there is no soreness. The nerves are reporting incorrectly. We have sensations as if something is crawling, creeping over the skin when there is nothing of the sort. A sensation of constriction, as if by a band or ligature, is often felt when there is really no constriction of the part. We have sensations of lightness, of heaviness, of distension, of emptiness, and thousands of ideas which have no foundation in fact, and which are simply false reports sent out from the mind, because it is in an abnormal state.

If we have false reports as to sensations it is easy to see that we may have them as to graver conditions. We may have pain, discomforts and apparent conditions of various parts which do not exist in fact. But they are evidences of real trouble, and that trouble exists, but not in the locality supposed, and we are liable to be misled thereby.

There is another matter: If a set of nerves report an actual diseased state for a long period they form a habit, and we are oftentimes free from an ailment long before we know it. To illustrate, I will mention the case of an old gentleman who had been afflicted with rheumatism for a long period, and it left him helpless as far as the lower limbs were concerned. For several years he sat in an arm chair when awake, and was carried about in it. One pleasant summer afternoon, while he was partially dozing in his chair, which had been carried out on a porch, a bolt of lightning, coming out of almost a clear sky, struck a large tree within a hundred feet of him. The invalid jumped out of his chair, ran across a side yard and climbed a rail fence before he was fairly awake. He walked the rest of his life.

The sick man was not suddenly cured of his ailment by an electrical discharge, as some imagined, but was awakened to the fact that he was no longer ill. This is one of a great many similar cases. The patient is simply in a mental rut. From this he may be awakened by an unusual method. If he can be impressed with an idea that he is well, I do not see any reason why he should not be well. The proper way, however, is to correct the mental state.

But there are diseases not of the mind. They are different; and no matter what you may want to think about them, they are just as persistent as a broken bone or an amputated arm. You can lose a leg without having it cut off, and an eye without having it plucked out. And then you can *nearly* lose them, so they are not full legs or eyes, but are impaired and capable of doing only partial work. Then they can be affected to a still less degree, so there is no danger of losing them, but the effort to do their full work causes them to ache and pain, and feel tired and weak long before they should. From some cause they are working on short supplies, and using substitutes for necessary elements.

Dual Personality.

A MAN with all the markings of a gentleman was found standing on the wharf at Rockland, Me., before daybreak, May 13, 1902. He could not remember who he was or where he had come from. In his pocket he found a notebook with the name "C. E. Brown." The initials "C. E. B." were on his collar. He inferred that he must be C. E. Brown, but he had no idea who Brown might be.

To collect his thoughts he went to a farm house in West Bath to board for a fortnight, telling the family that he was a West Roxbury carpenter on a vacation. The past was an utter blank. He could speak and write good English, and read. But he knew nothing of arithmetic, geography or history. He had no recollection of the assassination of President McKinley. He did not even know how much to pay a barber. A doctor examined him, but found no signs of insanity. The only thing lacking was his memory. It left off abruptly with a dim recollection of a feeling of dizziness and pressure about the head.

As memory is the soul's tag by which it chiefly preserves its own identity, the loss of it left poor "C. E. B." pretty much at sea. He had no idea what his business was and prowled about town trying to strike something that seemed familiar. Building interested him, and he thought he might have been an architect. Meanwhile he read the newspapers assiduously to see whether he could not come across a reference to a missing "C. E. Brown." The Boston papers took up his case and from the descriptions printed, Miss Anna T. Church, of South Boston, recognized him as her nephew, Charles E. Buzzell, a dairyman and deputy sheriff of Barrington, N. H. As a boy he had worked in his father's carpenter shop. C. E. Brown was one of his employes. She went to see him, but he failed to recognize her and she had a hard time convincing him of her identity as well as his own. He had left home May 9 and nothing had been heard of him after that time. His aunt took him to Barrington. No report has been received as to his progress in recovering his memory.

In his larger "Psychology" Prof. William James cites several similar instances. One was that of a French woman, Felida X. She had the uncomfortable habit of suddenly going off into a second personality. As No. 2 she had a fairly clear idea of who No. 1 was, but while in her proper person she had no recollection of No. 2. Once the change was effected while she was on the way to a funeral, and she was unable to recollect who had died. Another classic case is that of Leonie B. In her normal state she was a poor peasant woman, mild, sad, slow and extremely timid. But when the second personality became dominant through the hypnotism of the first, she was entirely transformed. She became gay, noisy, restless,

and given to sharp jests. She refused to recognize her name, but took that of Leontine, and referred to her normal self contemptuously. "That good woman," she would say, "is not me. She is too stupid." Mary Reynolds, a Pennsylvania woman who lived a century ago, alternated between two personalities until the age of 36, when she became permanently the second.

But as curious a case as any was one that came to the personal attention of Professor James. Ansel Bourne, an itinerant preacher living at Greene, R. I., drew \$551 from a bank in Providence on January 17, 1887. It was his purpose to pay for a lot. He boarded a Pawtucket car and then Ansel Bourne disappeared. Two weeks later a man who said that his name was A. J. Brown, rented a small shop at Norristown, Pa., and stocked it with confectionery. His neighbors noticed that he was taciturn, but they agreed that he was in "no way queer." On the morning of March 14, when A. J. Brown awoke he found himself Ansel Bourne. He had to make inquiries among the neighbors to find what he had been doing for the last six weeks. In 1890 Ansel Bourne allowed Professor James to hypnotize him. The hypnotic personality at once took the name of A. J. Brown. He knew nothing of Bourne, and did not even recognize his wife. Brown then described the events of the full two months to Professor James and gave him a detailed account of his movements during the two weeks of which nothing had been known before. Professor James says Bourne is regarded as a self-reliant, truthful man, and his story of his experience is doubted by no one.

All these cases are intimately connected with the phenomena of automatic writing and spirit control. They may be duplicated by hypnotism. The brain currents seem to become mixed, but just what happens is a matter of speculation.—*New York Sun*.

Wouldst thou be a happy liver,
Let the past be past forever!
Fret not, when prigs and pedants bore you;
Enjoy the good that's set before you;
But chiefly hate no man; the rest
Leave thou to God who knows what's best.

—Goethe.



"Industry is cheap. It is laziness that costs. It has cost many a bright man a bright career."



"No man can do more than his best. But a good many men can do more than what they think is their best."

Physical Renovation.

BY CHARLES E. MEIXSELL, BETHLEHEM, PA.

Written for SUGGESTION.

"My own dim light shall teach me this,
That life shall live forevermore,
Else earth is darkest to the core
And dust and ashes all that is."

THE can absolutely be no physiological reason given why people who escape disease and accident should die at all. Those who gradually wear out and die of old age succumb to a long course of food which was not exactly what their bodies required. A considerable portion of that which we eat is innutritious, and though useful in various ways, is not destined to repair the losses of the system. Comparison of the human body with any machine serves to prove this statement. The human body, like a saw, wears out by daily use. No art can replace the particles removed from the saw, and consequently a time arrives when it is completely worn out. But in a living organism the moment a particle of brain, nerve or muscle is worn out, it is replaced by a perfectly new particle. As a rule this new particle is exactly similar to and quite as good as the one which it has replaced.

If this were so in every case, then our bodies would be immortal, but this is not the case. Now and then a defective brick replaces a sound one in the human edifice, till at length so many defective bricks are intercalated that the whole edifice collapses. The exact requirement for this work is a process which separates the necessary elements from those of a deteriorating nature. The human body when under control of the mind, which is consciously expressing its natural power, is a perfect machine for such a separation. Each of us, consequently, possesses such machinery capable of perpetually renewing our bodies. An immortal body is, therefore, possible.

Those who have taught the fact of physical renewal have even failed to realize that as a consequence of this renewal their bodies are continually made new. In violation of all logic, they make the passing years indicate in their consciousness,—the age of the body.

Failing to recognize the renewed conditions of our bodies, we suggest that our bodies are gradually growing older and weaker. This is not merely an occasional suggestion. The race consciousness is always in this attitude. The inevitable result is, that the vital forces sink beneath the imaginary load of an ever-aging body. Very soon the delicate equilibrium of the physical system is destroyed. New and perfect atoms fail to be substituted for the old and imperfect ones; the system is then unable to dispose of those substances that clog the system and bring old age.

Thru the beautiful processes of nature our bodies are constantly renovated. Were we fully conscious of this "newness of life" thruout our entirety—this entire absence of physical and mental age—our systems would always be able to cast away the dross of what would otherwise accumulate and clog the machinery of our bodies, "fearfully and wonderfully made."

The scavenger and the builder continually find work on our bodies. Death, the scavenger, is removing the old, while constant Rebirth is building the new. The secret of health, happiness and perpetual youth is to co-operate intelligently, and thereby harmonize with all the forces in operation. Ignorance, with ignorant assistance, brings friction, wear, waste and disease, while an intelligent perceptibility of the friendliness of all the natural forces brings harmony, unison, repair and health.

The time is approaching, and not far distant, when old age and the loss of the body will cease to be. The wrinkled face, the snowy hair, the dim eye and the bent form will be known only from the history of the past. The passing of years, or even of untold ages, will not destroy the bloom of health upon the cheek, the sweet contour of youth, nor the acquired energy of perfect health.

Chewing Reform.

By DR. J. H. KELLOGG, BATTLE CREEK, MICH.

M R. HORACE FLETCHER is making great headway in converting the public to his views of chewing. Fletcherizing food is coming to be almost a fad in scientific circles. Fortunately, this is the kind of fad that can not possibly do anybody any harm, and the more it is cultivated the better for everyone. Mr. Fletcher insists that we ought to chew our food at least four or five times as long as we are accustomed to do. Those who have followed his advice for a month have been wonderfully pleased with the results. An eminent United States Senator said to the writer the other day, when complimented upon his well-preserved appearance, "I expect never to be sick again. In fact, I am going to try to live forever. I have got hold of a new idea which is making a new man of me." On inquiry it appeared that he had recently had the good fortune to secure one of Mr. Fletcher's books, "What Sense?" and reading it, had become convinced of the importance of chewing. Having adopted the practice, he found himself wonderfully improved in vigor of mind and body.

SUGGESTION.

Mr. Fletcher has succeeded in arousing so great an interest in buccal digestion in scientific circles that the most eminent physiologists in all civilized countries are giving their attention to the matter, and arrangements have been perfected for extensive experiments, reaching through a considerable period of time, in which the most eminent savants of various countries will participate, and which will have the advantage of government support. He has recently undergone experiments at Bridgeport, Conn., where he was placed in a large iron box for three or four days at a time, his food passed in to him, and he was made to engage in work of various sorts, and his weight and other factors carefully studied. The results have invariably shown that by his thorough chewing he is able to accomplish the same work which others accomplish, with half or even less than half the usual amount of food, sometimes even gaining weight during the experiment. These results are of the highest value, and show most conclusively the great importance of thorough mastication of food, a duty which is perhaps neglected more than any other.

Physiologists have long understood the importance of mastication, and have taught it theoretically, but apparently no one had made an actual practical application of the principles involved until Mr. Fletcher took the matter in hand. The subject is one of vital importance, which no one can afford to neglect. Every morsel of food should be chewed until all the nutritive portion has become liquid. This alone should be swallowed, the waste matter being rejected. The result is an enormous reduction of the work required of the stomach and other digestive organs. The thorough digestion of food secures its complete absorption; thus none is wasted. There seems to be special economy in relation to the proteids, the most expensive and important element of foodstuffs.

Mr. Fletcher is not a strict vegetarian, but the tendency of his experiments and observations is to demonstrate that a flesh diet is altogether unnecessary, and not only unnecessary, but dangerous to health on account of the excess of proteids which it necessarily introduces into the system, the result of which is manifest in the great prevalence of rheumatism, gout, and other uric-acid disorders in flesh-eating countries.

It is stated that Mr. Gladstone required his sons to execute at least forty movements of the jaws in masticating each morsel of food. An eminent English physiologist, writing recently upon the subject in the *British Medical Journal*, mentions an observation made upon a very old man who was remarkably well preserved. He gave him a bit of bread to eat and noted that he executed, in chewing it, one hundred and twenty movements of the jaws, thus giving ample time for that thorough preparation to enter the stomach, which is the best guarantee of good digestion.

The philanthropic spirit manifested by Mr. Fletcher in his researches, and especially his efforts to enlist the interest of scientific experts, entitle

him to great credit as a public benefactor. The good results of his efforts can not be estimated. Mr. Fletcher has written very charming books on social questions and questions pertaining to nutrition. No doubt nine-tenths of all gastric disorders would disappear if the sufferers could be induced to masticate their food with thoroughness. Mr. Fletcher believes that proper chewing furnishes a most important means not only for the physical preservation of the race, but also for social and moral redemption.—*Good Health.*

Less Work for Doctors.

FAR more important and encouraging as "signs of the times" than any developments in politics or industry are the advertisements of physical culture systems and health foods and other means for promoting a sound body. The enormous increase in this kind of advertising within the past five years means a sudden enormous increase in intelligent public interest in health. And that means oncoming generations with purer, stronger blood, and therefore with clearer, more active, more courageous brains. And that, in turn, means that all the problems of living, personal, social, political, will be met and taken care of.

Some one once said that the peoples of Asia were enslaved because they did not know how to say "No." But back of this vacillation lay poor health—the universal Asiatic complaint, due to a universal neglect of health, mitigated though it was by the sanitary regulations imposed under the guise of religious ordinances. No physically robust people was ever enslaved or was ever retrogressive. The first warning of the downfall of the Roman Empire before the hardier Northern races was the wretched throngs of weaklings in the pestilence-haunted cities of the Mediterranean. Heretofore in the world's history civilization has meant decay, because it has meant taking a nation's best from the healthful open-air toil of the country and decaying and degenerating it in noisome cities where the very ideals of happiness involved destruction of health.

And our civilization of overabundant food, of exercise-ending street cars, and of all manner of muscle-saving and therefore muscle-decaying machinery would have meant speedy ruin to us of the modern world had it not been for the progress of sanitary science and of interest in things sanitary.

The first fruit of this progress has been the doctrine of the relative importance of drugs and the passing of the "family doctor"—two developments that are so rapid that we hardly appreciate them as yet. The other

day Sir William Treves, the eminent English surgeon, announced what England seemed to regard as the amazing discovery that pain is not an evil, but a good—a friendly sentinel rousing the garrison to repel the invader, disease.

It is a grand advance that we have made in discovering that the body does not wish to get sick, does not accidentally get sick, but on the contrary wishes to stay well, and will stay well if its owner is not ignorant or reckless. This discovery will make two great changes in our system of education.

The first will be the teaching of breathing. To breathe properly means health, long life, capacity for work. Yet today how many people know how to breathe, have learned how to supplement Nature's somewhat clumsy device for carrying on the breathing function automatically? How many people, of the millions who are anxious that their children should learn spelling and reading and ciphering and manners, give a thought to their children's learning to breathe?

The second great educational change will be in the matter of diet. In this country and in nearly all of Europe except France we are still eating the things our forefathers managed to digest when they were toiling and sweating terribly in the open air.

Nature made the appetite for food keen because she had to deal with conditions in which the food supply was short and hard to reach, and, if the appetite had not been keen, the animal would have easily given over the struggle. We ignore the changed conditions and use Nature's no longer necessary bait as an excuse for stuffing ourselves three times a day and eating between meals. If it weren't that sanitation is so much better nowadays, and cooking also, the consequences would be even severer than they are. As it is, we suffer a great deal from "overwork" and "nervous prostration," don't we?

It is pleasant to eat to satiation. It is comfortable to take no exercise and to breathe lazily in one corner of the lungs. But it isn't the way to be long-lived and healthy. And it is the way to let the other fellow who breathes and exercises and eats properly distance us. Hence the growth of interest in health and the decline of interest in drugs and doctors.—*Saturday Evening Post*.

Human necessity is more sacred than any institution, or law, or theory.
—Rev. Thomas B. Gregory.



No human being ever lived who can depart from the simple and sincere with safety.—Albert J. Beveridge.

The Appendicitis Craze.

WE need hardly say we have a sincere respect for the medical profession, whose earnest labors for the alleviation of human suffering and the prolongation of human life can not be esteemed too highly. Yet, like the rest of us, they are liable to error in individual instances, and although doctors are proverbially said to differ there is always an element of cocksureness in the constitution of the young medico in particular which may lead to disastrous results, especially in the domain of surgery. As an illustration, we would refer for a moment to the disease called appendicitis, in which resort is almost invariably had to the surgeon's knife. It is needless to say we are willing to admit that it may be indispensable in cases when the diagnosis admits of no doubt. There is too much reason to fear, however, that in many instances the diagnosis is entirely wrong, and that the administration of simple remedies would of itself suffice to set the patient on his legs. What we hear from America in this connection is of such grave importance that we think it desirable to make special allusion to it. Dr. O'Hanlon, of New York, is a man of wide experience and reputation, being employed in connection with the coroner's office in that city in making autopsies. This is what he says respecting appendicitis:

"Appendicitis belongs to a class of diseases which we often read about but seldom see in autopsy. Again and again I know of cases where a diagnosis was made upon the strength of pain in the right iliac region and some gastro-intestinal symptoms, all of which promptly disappeared after a dose of castor oil. Among 3,000 autopsies made by me during the past seven years, I have seen only ten cases of appendicitis. I had forty-two cases sent to me for autopsy which had been diagnosed as appendicitis; in ten of them I found a greatly distended colon, but no lesion of the appendix, either gross or microscopical, could be discovered, and in the remaining thirty-two even the distention of the colon was absent and the appendix normal."

Now it should be remembered that the disease is one affecting an internal organ; that the absolute removal of that organ, involving an abdominal operation of serious character, is the only recognized remedy, and that, under such operation, the patient is quite as likely to succumb as he is to survive. Dr. O'Hanlon's experience is with the corpses of those who have succumbed; and when he tells us that out of forty-two cases in which appendicitis had been diagnosed there was absolutely no indication of the existence of that disease, we are brought in sight of a series of ghastly blunders, which, for the honor of our professional skill, we trust has no counterpart in this country.—*London Finance Chronicle*.

Should Food be Taken in Sickness?

By DR. J. H. TILDEN, DENVER, COLORADO.

"Dr. Tilden, I have been a reader of the Club since its first issue and shall continue to be, for in spite of your faults I love you still! But the thought occurs to me, and no doubt has come to others: Why are there so many intelligent professional men opposed to your belief in feeding the sick—why is it that the profession is almost a unit in its belief that the strength of the patient must be sustained by the administration of food during sickness? I believe you owe it to yourself to be a little more explicit on this point; and as a defendant of the cause you advocate, I believe it to be your duty to arm your friends with your very best reasons boiled down into such a tangible shape that they may be able to meet the almost invincible argument used on every hand: 'The whole profession is against you. It can't be that Dr. Tilden, and possibly a few others scattered here and there, know it all, and that the great scientific, technically drilled, profession is ignorant or mistaken, or dishonest.' I for one do not feel able to meet this argument."

"A FRIEND WHO WOULD NOT BE A PETER."

THIS friend sends his question to the heart of the subject and leaves but little room for escape if I wished to avoid it.

My reason for not feeding the sick is because there is very little sickness not due to overeating or improper eating, and overeating and improper eating are due to the fact that humanity by pampering normal hunger has lost *Nature's protector*, called *instinct*. The natural craving for food has become perverted by stimulants and highly seasoned foods (as well as variety) which tempt, coerce and force a disposition to overeat. Few people are so ignorant as to dispute the fact that the artificial appetite created for tobacco, alcoholics and other drugs is abnormal, and a false guide to its unfortunate possessor. I go a step further and insist that the general demand for food is artificial and almost as unreliable as the drug appetite; to put it short and terse: the instinctive hunger has become appetite and is a false and unreliable guide.

On this proposition the whole contention rests. If my opponents dispute it, further argument is useless; the case must rest until they evolve.

Now as to the other side and its reasons for advocating the stuffing system. Appetite is recognized as hunger, and disease as due to a multiplicity of causes, all of which are extraneous to the individual—not auto-generated, or if admitted as auto-generated, the exciting cause must be from without the body; hence germs have become the cause of all human ills. Germs being admitted as the chief existing cause of sickness, a legitimate and logical first step toward a cure was to invent some means to fortify the system against their invasion, and in the event of evasion to kill them off. To meet the first requirement medical men have pretty generally agreed that the proper thing to do is to fortify the system by pushing food—"Give all the good nourishing food possible." This idea has been pushed so far that reason is lost and a theory that won't stand the test for one day of any thinking mind, not blinded by authority, has become enthroned and dignified by the patronage and protection of law.

It is plain to see what trouble such a theory will get the profession into, if I am right, and that I am right is so clear that he who runs may

read. The reason for the people not seeing this subject as I do is because it is so simple that it is too simple to be true.

The most stupid mind can conceive what will happen if a man who is sick from food poisoning be given more food. It is a fact, however, that in this city and everywhere the profession is giving food for a food disease; and as it becomes worse, which it does from day to day, drugs are added to the jumble of ignorance.

Drugging and feeding the sick are twin evils that have been mutual creators; one has been necessary to the life of the other, and like the Siamese Twins, when one goes the other must.

Suffering is the legitimate outcome of feeding the sick and suffering compels palliation of some kind. Drugs have been invented to stop pain, and then other drugs to remove or palliate the evil resulting from the first drugs given. While this drugging is going on more food is being given, and between the food that builds the pain and the drugs that control it and then the other drugs for overcoming the conditions developed by the pain builders and assuagers, the body of the victim becomes a veritable battleground, and in many instances is killed; in others made sick for life.

The drug system is a legitimate child of necessity, made necessary by the stupid and ignorant feeding of diseases. The more disease is fed and medicated the more both are needed by the mind that believes in the folly; and out of this jumble of outrages on man's body is built a system of practice that has a certain amount of homogeneity and individuality that gives it respectability. The strongest proof that I can offer that the whole thing is fabricated out of falsehood, fallacy and delusion, is that the best and most experienced practitioners can not possibly interpret twenty-four hours in advance the probable condition that will be presented in a given case; and then the constant moving, changing and swapping from one drug to another; and the older and wiser the doctor the fewer drugs he gives and the more he is inclined to stand back and allow Nature to take her own course.—*A Stuffed Club.*

Some People are Like a Tonic

Some people act like a tonic or an invigorating and refreshing breeze. They make us feel like new beings. Under the inspiration of their presence we can say and do things which it would be impossible for us to say and do under different conditions. One stimulates my thought, quickens my faculties, sharpens my intellect, opens the floodgates of language and sentiment and awakens the poetic within me, while another dampens my enthusiasm, closes the door of expansion, and chills me to the very center of my being. There emanates from him an atmosphere which paralyzes thought, dwarfs expression.—*Success.*

SUGGESTION

A JOURNAL OF PSYCHO-THERAPY

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HERBERT A. PARKYN, M. D., C. M., Editor. ELMER ELLSWORTH CAREY, Associate and Manager.

COMMUNICATIONS, clippings, suggestions and articles bearing upon any subject within the scope of this publication solicited.



WHEN WRITING to advertisers you will confer a favor upon all concerned by mentioning SUGGESTION; advertisers wish to know the amount of business secured through the different mediums used.



SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, hypnotism, natural healing, rational hygiene, advanced thought and psychic research.



IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.



SUGGESTION teaches that health is within the reach of all; that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.



EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. In the event that a renewal is not made at once, however, we assume that it is the subscriber's desire to have SUGGESTION continued, and our record is arranged accordingly, unless we receive definite instructions to discontinue.

This is done in order to give those who may have overlooked their renewal and those who may not find it convenient to remit at once a chance to keep their files complete. We do not wish to appear unduly lenient or to give the impression that SUGGESTION is in any way a free magazine. It takes money to run SUGGESTION, and we shall be thankful to receive prompt renewals from our subscribers.



FRIEND, when this paragraph is marked it means that your subscription has expired, and that we cordially invite you to renew the same. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.

EDITORIAL

Remarks: Critical and Otherwise.

THE best criticism, generally speaking, is the inspiration that comes from some one else's goodness, or courage, or courtesy, or sweetness of spirit, or whatever it is we lack; and we take it best, usually, when it is not pointed reprovingly in our direction. Criticism is at its best and truest when it is not criticism at all, but encouragement, and forbearance, and good-will, and enthusiastic praise; when it is the ability to put oneself into the other person's place, and see his hopes and aspirations, his limitations and temptations, his victories and his possibilities, as one's own, and to set one's own heart on his ultimate triumph. Criticism, then, is help. Criticism is love. Criticism is the smiling lift of somebody else's burden. And if I have not thus criticised my neighbor and his faults, I have no right to criticise them in any way whatever.



True it is that the best criticism is indirect, and consists mainly of the example afforded by someone else's admirable way of doing things. But there are times when we need a little direct and reliable information, and we like to have some one around who has the discrimination and good judgment to see us as we really are, and the courage to tell us things sweetly and straight from the shoulder, and so let us know just what sort of figure we are cutting before high heaven and the grocery man. That one who will not tell us our hat is on straight when it is pointing sou'-by-sou'west, who will not assure us our hair is all right when it is careering over our left ear, who will not justify us in evil, nor encourage us in foolishness; who loans us, not offensively, his own judgment of us, and gloats not over our imperfections but longs to see us perfect, and is willing to help us, with sure and loving touch, become that which is altogether admirable—such an one is a brave, true soul, and the only Real Friend.

The Friendly Critic is all too rare, and instead of his gentle admonitions our ears are often assailed by blunt advice, and careless, not to say coarse, comment upon our clothes, our habits, our abilities, our table manners, our choice of friends; we are told that our hat isn't straight in a way that shows the informant is quite delighted to have caught us so, and makes haste to tell us, lest she have no other earthly opportunity

of saying anything so exquisitely disagreeable. But the thing to do about it is to profit by the information, and serenely set the hat on straight, and waste no resentment. There is really almost no criticism, however severe or venomous, or narrow or ill-advised, that has not in it something to profit by. The only way to get even, in such a case, is placidly and with absolute honesty to face the critic's view, whatever that may be, and then with unsparing and remorseless hand to make oneself over in the light of whatever truth it holds. It is in this way only that the gall of fault-finding can be changed into honey.

M. F.



We note with pleasure that physicians are beginning to take an interest in suggestive healing. Many papers on this subject are being read before medical societies, and one minister read a paper on the same subject before a ministerial body. Physicians of the old school are losing ground because they sneer at all forms of drugless healing; and in the meantime Christian Science healers, Osteopaths, mental healers, and doctors of psychology are making barrels of money. If ministers and physicians would study books like the "Law of Psychic Phenomena" and "The Law of Mental Medicine" (and read SUGGESTION) the Christian Science fad would soon die for want of sustenance. There is no more occasion to make psychic healing the basis of a religion than there is to make wireless telegraphy or that mystery of the ages—radium. Only by education will the grotesque systems of religion disappear.



We want the names of men (and women) who will not shy at an idea just because it happens to be seen coming down some unfamiliar avenue. Some folks only are friendly to new ideas when said ideas come from a favorite minister or physician or author or oracle. Don't shy at an idea; all new ideas in the past have raised fearful howls of protest, but many ideas weathered the storm. So when you see an idea that has not a familiar brand or trade mark, don't turn the hose on the poor thing. It won't hurt you.



Have you a clear sighted, discerning friend in whom you take an interest? Are you trying to help some one to reach a higher intellectual plane? Are you teaching some one to think? Send the name of your friend on a postal to the various publications mentioned in the advertising columns of SUGGESTION. Of course you will want your friend to receive a copy of SUGGESTION, but there are many other advanced thought journals that are worth reading. Look them up.

Foreign subscriptions are six shillings; one or two shillings must be added to the regular subscription price of every publication ordered.



Intellectual freedom is the birthright of every soul.



Don't block the wheels of progress by believing a thing just because the doctor or lawyer or minister says it is so. Who gave the doctor a right to think for you?



As muscles atrophy from lack of use, so do the reflective faculties wither if not used. Use the mind and it develops, let others think for you and you become an intellectual parasite. I wish some one would write a book called "Natural Law in the Intellectual World," and show how physical laws apply to the growth of the mental faculties.



The successful man uses his mind; he thinks; he grasps opportunities; the unsuccessful man does not use his mind; does not think, and fails to recognize an opportunity. One is lucky; one is unlucky. There is a Law of Success. Any one who knows this law will succeed; some day the Law of Success will be taught in the schools and will be as familiar as the addition table. The first element of the Law of Success is this: DO YOUR OWN THINKING.



Another element of the Law of Success is *Health*. Health depends upon right thinking and right living; right living means a proper use of the life essentials. The life essentials are air, food and water, and to these may be added sleep, exercise, clothing, sunshine, bathing, etc. The animal kingdom is healthy because the life essentials are not neglected—the laws of health are perfectly obeyed. Why should dumb beasts be more healthy than the lords of creation? E. E. C.



The editor is sending a letter to every member of the SUGGESTION Family asking for the name of *one* thinking person; he is still sending out these letters, and will ask all who receive them to kindly mail the accompanying mailing card after writing the name and address of one discerning friend. To the hundreds who have so promptly responded, the editor sends his heartful thanks, and wishes he could personally thank every friend for the interest manifested.

Many have sent words of commendation and cheer and encouragement. He appreciates the good will expressed, and asks that all will consider this as a personal acknowledgement.

Sample copies of SUGGESTION will be sent to the thousands of addresses received, and it is hoped that a large and immediate increase in the SUGGESTION Family will follow at once. There is room for thinking men and women, but those who do not like to think will not like SUGGESTION.

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The second edition of 15,000 Opportunity slips is about exhausted and another edition of 20,000 is being printed on fine paper, just the thing to slip in an envelope. Put one in every envelope, friends. Part of the next lot of envelope slips contain these wonderful words of deep wisdom by Emerson:

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By the way, a friend writes the startling news that Ingalls did *not* write "Opportunity"; but that it was written by Dante Gabriel Rosetti. This is a thunderbolt in the camp of the SUGGESTION Family. Does any one know about this matter? Please send in any information on this point.

◆ ◆ ◆

What can be done to improve SUGGESTION? What do you like about it? What about it do you not like? The editorial folks are anxious to know about these things. If you feel like doing a little philanthropic work send us a note and unburden yourself.

◆ ◆ ◆

Send ten cents for a lot of cardboard mottoes—New Psychology mottoes. You will like them—good for store, office, home or school. Size, 6 $\frac{1}{2}$ x9 inches.

◆ ◆ ◆

How do you like this number of SUGGESTION?

Does your news dealer keep SUGGESTION on sale? We send out over 2,000 copies to the news stands every month and want to send a larger number. The News Company says they can not handle more copies until the News Dealers take an interest in the magazine. When you next happen to be talking to your news agent, please mention SUGGESTION to him and ask him to order a few copies. He can return them if they are not sold, without expense. Please think of this, friends.

◆ ◆ ◆

This issue is a New Psychology number. Dr. Parkyn has an admirable article on the importance of auto-suggestion in the formation of character. Tell your friends about it. If every parent in the world could read that article and would remember it in connection with the raising of children, there would not be so many jails or so many lawyers. Children are what their parents make them. No more, no less. This fact is clearly brought out in the editor's article, and can not be too strongly emphasized.

If a boy or girl becomes a bad man or woman it is the fault of those who were responsible for their training. It is a hard thing to say, but a bad boy means a bad parent, or bad teacher. Read Elizabeth Towne's "How to Train Parents and Children" and you will receive some additional light on this subject, which is one of the most important that confronts humanity.

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There are many signs that drugless methods of healing the sick will soon overshadow all other systems. Many of the old school physicians are beginning to take an interest in psycho-therapy. Psycho-therapy is that form of healing which works through the subconscious mind. Many authorities believe that disease is of psychical origin. "Oh, he just imagines he is sick," says one. Yes, but if his mind was not diseased he would not imagine such things. His imagination is diseased. And a diseased imagination will soon produce a diseased body. In fact, a diseased body generally precedes a diseased mind.

Certainly there is an increased interest being taken in the New Psychology. We hear of sermons, addresses, lectures and discussions along these lines. Slowly the truth is permeating all classes and creeds. Hundreds of the leading daily papers now publish monthly review notices of this journal. A few years ago no editor would have given the matter a second thought. So old ideas are giving place to new impressions, and slowly and surely the human mind is reaching upward for truth and light. Help us to teach men to think.

About Post Check Currency.

"If you could take an ordinary bill out of your pocket and mark it so that it would be of no use to anyone except the one to whom you wish to send it, and then enclose it in an ordinary letter and send it by mail, doing away with the journey for the money order, you would think it a great convenience, would you not? Yet this is just what the post check currency would enable you to do.

"When this money has been used in this manner it is returned to the treasury for redemption and a fresh bill is issued in its stead. Thus the circulating currency is constantly kept fresh, clean and comparatively free from disease germs. This should appeal to the physician and hygienist as an important step in our progress toward the final stamping out of all contagious diseases. What can be more unhygienic than old, worn, greasy paper money, passing from hand to hand, among all classes and conditions of men? Time and again they have been examined and found literally to swarm with bacteria. The clean, fresh post check would be used but little until someone would want to send it by mail, when its further circulation would cease, and a new one would take its place. Business men universally indorse it."—*Philadelphia Medical Council*.

It is to be hoped that Congress will provide for the new postal check system without further delay. It is a national disgrace that a bill providing for a rational system of postal currency should meet with opposition and delay. This bill is the most important commercial matter before the American people, and its passage will in six months double the amount of business done through the mails. But what is everybody's business is nobody's business. The press has the power to urge this matter to a conclusion, and when the average editor awakens to the importance of the proposed law we may have some Congressional action.

It was mentioned in the January issue that new subscribers could have a copy of "What We All Long For" for the asking. This is what should have appeared:

"New subscribers sending in one dollar for SUGGESTION can have a copy of Mr. Pigott's book when no other premium is given."

Many received an erroneous opinion from the first notice; please forgive us.



Those who remit one dollar for a year's subscription to SUGGESTION can have a year's subscription to any of the following for the asking: *Medical Talk*, Columbus, Ohio; *Vim*, New York; *Good Health Clinic*, Syracuse, N. Y.; *The Liberator*, Minneapolis, Minn.; *Nautilus*, Department 17, Holyoke, Mass.; *Backbone*, Cedar Rapids, Iowa. Send postals for sample copies of each and mention SUGGESTION. Nobody ever saw tomorrow—tag!

A Letter from the Editor.

MEXICO CITY, MEXICO, Jan. 16, 1904.

To THE READERS OF SUGGESTION:

It seems impossible for me to get away from Mexico. I came here Saturday expecting to leave at once for Chicago to attend the directors' meeting of the Motzorongo Company, and then take the train for California. But imagine my surprise on arriving in the city to receive a telegram saying that a carload of Motzorongo stockholders would arrive here Monday and that the directors of the company were due here on the 22d of the month.

Well, I met the train this morning and among the twenty excursionists were several of SUGGESTION's readers. So I shall return with them to Motzorongo tomorrow and help to entertain them at the plantation, where everything is growing busier every day.

After the excursionists leave I shall stay here to meet the directors and go over the property with them. Orders have to be placed within the next few weeks for machinery which will treble or quadruple our present sugar capacity; and our directors are coming down to see for themselves what is required for the sugar mill, and what expenditures should be made to bring the greatest returns in the shortest possible time.

Since the directors are coming here it will not be necessary for me to return to Chicago now, and if I can carry out my present plans without interruption I shall leave for California as soon as the visit of the directors is over.

Meanwhile the sugar mill is grinding out dividends night and day. Those who are interested can file applications for stock, and their orders will be filled when the directors again set aside another block of stock. Another advance in price is not improbable, and all readers of SUGGESTION have had fair and ample warning.

If you have not already sent for a prospectus of the Motzorongo Company, write at once to the Company at 228 Reaper block, Chicago, and secure one. Why not do it now?

Yours cordially,

HERBERT A. PARKYN.



SMILES

BY MARY FRAZEE.

If you are so unfortunate as to lose a dime, do not worry a dollar's worth about it.



An ounce of restitution is worth a ton of smooth-it-over.



Nothing is so easy as finding reasons for doing the thing you know you ought not to do.



The best thing, often, to do with a grievance is to bury it. Because if you do not, it is very apt to bury you.



It is not the way a man talks the New Thought, but the way he acts the Old Adam, that shows what he really amounts to.



If I can not keep entirely sweet under every provocation, perhaps I can at least go through the motions.



The measure of respect you show to other people, scrub-woman, hod-carrier and all—is the measure of respect you feel for yourself.



Do it now.

I can and I will.

Child Culture

To mothers, first, because they are the chief martyrs of the race; to everybody else, second, because into the mother's martyrdom the rest of us enter—we bear her image and superscription, her greatness is our glory, her limitations our undoing, her sacrifice our making, her love our benediction—to her and hers is this department dedicated.

A STUDY OF ELIZABETH HARRISON'S "CHILD-NATURE."

BY MARY FRAZEE.

THE subject of Chapter II is "The Instinct of Investigation; or, the Training of the Senses." In this chapter truths fundamental, far-reaching, profound, are brought out and made plain before us,—truths that lie at the very foundations of life, and must be mastered if to any satisfactory degree the experiences of life are mastered.

When the author asserts the necessity for training the senses, she is talking good psychology. This psychology Miss Harrison does not take time to bring out clearly, and although what she says implies it, we may take a further glance in that direction.

The child's senses must be trained. Why? Why should he learn to see well, to hear well, and so on?

First, because his life and his development depend upon his ability to react to his environment, and his sensations are his immediate instructions as to what he would better do in any given instance. It is through sense-perception—touch, taste, smell, sight, and so on, that we know the world about us, and are able to profit by its opportunities, to meet its emergencies, and to overcome its difficulties. The more accurate the sense-perception, the more accurate the realization of whatever is to be seen or heard or felt, and so enjoyed or avoided, as the case may be. Says Miss Harrison:

"The one thing which prevents most of us from being that which we might have been, is the dull, stupid way in which we have used our senses. Thousands of us having eyes to see, see not; having ears to hear, hear not; in the literal, as well as the spiritual, sense of the words. Question any two persons who have listened to the same sermon or lecture, and you will discover how much one has heard which has escaped the other. Talk with any intelligent acquaintance about a picture gallery or a foreign city, which you have both visited, and you will be covered with chagrin by the realization of how much you did not see.

"The artist," says George Eliot, "becomes the true teacher by giving us his higher sensibilities as a medium, a delicate acoustic or optical instrument, bringing home to our coarser senses that which would otherwise be unperceived by us." The joy which comes from a sunset cloud, the happiness which the song of a bird may produce, the poetry and glory of all creation lie unseen about us because these windows of the soul have not been opened.

"Half the wealth of the world is lost to most of us from lack of power to perceive. The difference between so-called clever children and intelligent ones is largely a difference in their sense-perception. For the purpose of training aright these much-neglected instruments, the Kindergarten has games in which first one sense and then another is exercised and strengthened. For example, the child is allowed to shut his eyes and by touch to tell the name of an object, or from his hearing to tell the object struck and what struck it, or by taste or smell to describe and name the thing placed before him. But the teacher or mother who realizes the *higher* need does not let the child rest in the mere *sense-impression*. He is given two objects that he may contrast them, or he hears two differing sounds, smells two odors, tastes two flavors, and is led to contrast the one with the other, that the higher faculty of comparison may also be developed by the play. Thus the little ears learn to hear soft notes that our duller ones can not catch; thus the young eyes learn to recognize finer shades of color than our less trained ones can perceive."

"The one thing which prevents most of us from being that which we might have been, is the dull, stupid way in which we have used our senses."

A truer word could not well be spoken. It is positively and comparatively and superlatively true. It is the same yesterday, today and tomorrow. We are, as Miss Harrison says, shut out from worlds of life and pleasure all around us because we see them not, nor hear nor feel them. We can not respond with advantageous and enjoyable activities to that which we do not know exists. The measure of life is the amount of responsive activity we can put forth, and the measure of our responsive activity is what we are able to perceive.

So much for the merely physical necessity for well-trained senses. But that is only the beginning. The higher intellectual activities are,—whatever else they may be, however divine their meaning and origin—developments from sense-perception. Memory, imagination, fancy, reason, judgment,—all these are based upon sense-perception, have grown out of it, and depend constantly for their data upon it. Sense-perception has given us the materials we work with in all these modes of mental activity. We remember—how we felt, what we saw, what was done. We imagine—merely new combinations of these previously experienced things. We

reason and compare and contrast and discriminate and choose and judge—about what we have imagined or remembered or felt or seen. No matter how freed from the flesh we may ultimately become, here is our beginning and foundation. Accurate sense-perception, then—for the sake of *whatever* is to be known, or felt, or achieved; because the ability to see well with the eyes is the forerunner and condition of being able to see well with the judgment, the insight, the intuition, the higher perceptions. On this more intellectual value of sense-perception the author says:

"The habit of contrasting or comparing in material things leads to a fineness of distinction in higher matters." And then she gives us this luminous and significant paragraph:

"The *intellectual* value of a clear and definite training of the senses is usually perceived by any thinking mind. The child who has early learned to notice the difference between sweet and sour, between smooth and rough, between straight and crooked in material things, is the sooner able to transfer the meaning to intellectual qualities. He more readily understands the meaning of 'sweet disposition,' 'sour temper,' 'smooth manner,' 'rough speech,' 'straight conduct,' 'crooked dealings,' and the like. Children begin to make this higher use of their vocabulary as soon as they thoroughly comprehend the physical meaning of the word. Occasionally they put the object into the new sentence, often making laughable mistakes, and reminding the listener of the days of the childhood of the race, when a brave chieftain was called a lion man, the shrewd leader was named the fox. One morning we had hyacinth bulbs; we examined them and compared them with some blossoming hyacinths which stood upon the window-sill. A day or two after, an onion was brought in by a delighted child, as another fat round flower-baby for us to plant. I had some difficulty in making them see the difference, and finally cut the onion open, and, blinding their eyes, let them smell first the flower and then the onion bulb. An hour or two later one of the little girls spoke in an irritated, petulant tone to her neighbor who had accidentally knocked over her blocks. 'Look out,' said a little one on the other side of her, 'or you'll have an onion voice soon!' The sense of this child had been sufficiently trained to enable her to *abstract* or detach the property 'disagreeable' from the object, so the entire onion had to be dragged into her warning. The sooner the child is freed from the necessity of using objects to express his thought, the sooner he becomes able to communicate his inner thought to the outer world. When he learns the finer distinctions of the physical properties of matter, his vocabulary becomes enriched tenfold, and he obtains that much-needed, much-coveted gift, 'the power of utterance,' for the lack of which most of us go like dumb creatures about the world, so far as the giving forth of our higher selves is concerned."

(*To Be Continued.*)

Newspaper Psychology

BY ELMER ELLSWORTH CAREY.

Ast. Editor SUGGESTIONS.

PSYCHOLOGY is proving to be a very attractive field. The daily press has discovered psychology. Many startling and curious statements regarding psychic matters are going the rounds of the newspapers, and occasionally a remarkable specimen of newspaper psychology is encountered. Hypnotism has long been a favorite theme for the manufacturer of sensational copy, but as hypnotism has become rather threadbare the irrepressible correspondent must find new subjects.

Lately the most vivid and wonderful yarns about the soul of a rat have been doing service at the old stand. It may not be amiss to state that the average reporter or correspondent knows nothing about hypnotism, psychic phenomena, psychology, or any allied phenomena. And the wonderful stories on these subjects are only "dreams," made to fill space at so much per column. The place to study psychology is in the text books or in the publications devoted to that subject. To show how far the newspaper accounts of psychological matters are from the truth, I sent to Professor Gates a clipping containing a weird story about the soul of a rat, and how the shadow of that soul had been seen, etc., etc.

Here are two paragraphs taken from one of these startling accounts:

SAW THE SOUL.

HOW PROF. ELMER GATES MADE THE ASTOUNDING DISCOVERY THAT IT BECOMES VISIBLE AS IT LEAVES THE BODY.

The soul can be seen.

It becomes visible as it leaves the mortal body.

A living man has seen it.

The significance of this astounding discovery is well-nigh overwhelming. It bridges the chasm between life and death. It means that we continue to exist, after the dissolution of our material bodies, in the same semblance worn by those bodies when they were animate and contained a soul.

Science accepts this astonishing new fact.

It does so upon the authority of an eminent scientist, Prof. Elmer Gates, director of the National Laboratory of Psychology and Psychurgy, near Chevy Chase, in the suburbs of Washington, D. C., announces to the world that the departing soul has been plainly described at the moment it shuffled off its mortal coil. This soul was an ascending shadow—it was moving upward. In form it was the exact duplicate of the inanimate body from which it had parted but a moment before.

BY PROF. ELMER GATES,

DIRECTOR OF THE NATIONAL LABORATORY OF PSYCHOLOGY AND PSYCHURGY.

A live rat is placed in a hermetically sealed glass tube held in the path of light rays about fixed octaves above the violet and before a sensitized wall coated with rhodopsin, the visible purple of the retina, the seeing substance of the eye, which light acts upon. This substance is extracted from the eyes of freshly slaughtered animals. As long as the rat remains alive it casts a shadow. On killing the animal it is found, after a certain lapse of time, that it becomes transparent.

At the same instant a shadow having precisely the same shape as the animal is seen to pass out through the glass tube and move upward on the sensitized wall.

Two of my laboratory assistants claim to have distinctly seen the shadow in the full course of its ascension. As soon as we can definitely prove this to other scientific men we will have demonstrated that some organism, presumably not anatomic, perhaps etheric and capable of passing through glass, thus leaves the atomic body of the animal.

Now, if in any way this escaping organism could be caught and made to give evidence that it still possessed animal mind, then we would for the first time have an inductive laboratory proof of the continuity of life after death.

The following letter from Professor Gates shows how newspaper stories are often fabricated:

AN EDUCATIONAL INSTITUTION
DEVOTED TO THE
PSYCHOLOGICAL STUDY OF THE
SCIENCES AND ARTS.

THE ELMER GATES LABORATORY,
CHEVY CHASE CIRCLE, WASHINGTON, D. C.

January 26, 1904.

MR. ELMER ELLSWORTH CAREY, Assistant Editor SUGGESTION, Chicago, Ill.:

Dear Sir—The item to which you refer was largely drawn out of the imagination of the journalist who called to interview me regarding a statement in an article of mine entitled "Immortality from New Standpoints," published in Robert J. Thompson's "Proofs of Life After Death." In this article I gave an hypothetical experiment to illustrate what would be considered to be inductive, laboratory proof of the duality of an organism, etc., but it was only an hypothetical case.

Years ago when making researches in this line I found an animal to be opaque to electrical waves when living, and transparent to those waves after death; and under the influence of the "suggestion" and "expectancy" attending the experiment my assistants, on one or two occasions, thought they saw the shadow of a rat-shaped organism passing away from the dying rat; but with the best efforts I could see nothing of the kind, but I intended later on to repeat the experiment under different circumstances.

In the meantime I discovered that the opaqueness of the body of a live animal to electrical undulations was due to the fact that every muscle and nerve in the body is electrically active during life and is in fact a bundle of electrical currents, and consequently electric waves can not get through them. At death these electric activities cease and the electric waves can pass through the body of the animal and make their impression on the electric recording screen on the other side. As I specifically stated to the reporter, I did not believe the electric transparency of a dead body to be due to the passing away of the "soul," but to the cessation of electrical activities—a merely physical phenomenon.

Of course, for all I know scientifically, there may be the passing away of a "soul"; but there is nothing in the experiment to warrant such a conclusion; and furthermore I did not say I had seen the "soul"; the quotations from my published articles are otherwise generally correct.

Sincerely yours,
ELMER GATES.

Quite a Natural Result.

Rest Haven, Napa, Cal., Dec. 28, 1903.

SUGGESTION PUB. CO.,

4020 Drexel Boulevard, Chicago:

Gentlemen—Enclosed find express money order for \$1.35 for subscription to SUGGESTION, year 1904; Good Health, year 1904, and New Thought Primer, by Henry Harrison Brown.

By chance the other day I found a copy of the December SUGGESTION in a book store. The above is the result.

Very cordially,
JOHN WILSON.

Scientific Murder

The following article is taken from *Medical Talk*, the caption of the article being "Scientific Murder":

Below we give a clipping from the *Greeley Tribune*, Greeley, Colo. The clipping was furnished us by a doctor of that place. It is simply the account of another victim to the superstitious notion that animal poison injected into the system will prevent contagious diseases. We give the extract *verbatim*:

"Oh, mamma, I'm going to die," said little ten-year-old Lottie Wolfe, daughter of Mr. and Mrs. W. W. Wolfe, of Eaton, just a few minutes after anti-toxine had been injected into her veins as preventative against diphtheria, and in about another minute she was dead in her mother's arms.

"The little girl, last Thursday morning, not knowing the danger to which she was exposed, went into one of the neighbor's houses where there was a case of diphtheria. When the mother learned of this she called in Dr. Carlson and asked his advice. He said that she was almost sure to be taken with the disease after the exposure, and as the little girl was troubled with asthma, it was hardly probable that she would survive. As a preventative, anti-toxine was injected, with the result that inside of seven minutes the child was dead. She felt ill almost immediately, and after being taken to the door for more fresh air, made the statement to the mother that she was going to die. Heart failure, caused by the medicine, was the cause of death."

If the above squib represents the facts, this is a case that very nearly approximates scientific murder. It appears that the girl had simply stepped into a house where it was alleged diphtheria was present. There was not once chance in a thousand that the girl would catch diphtheria in this manner. Diphtheria is not a very contagious disease. We have frequently had cases of malignant diphtheria in a house where not another member of the family or neighborhood caught the disease.

This little girl's exposure, then, was hardly worthy of notice, but a nervous mother, anxious to quiet her own fears, calls a doctor and asks his advice. The doctor is represented as saying that, because the girl was subject to asthma, therefore if she got diphtheria she would probably die. A doctor who would make such a remark as that has either no brains or no heart. In the first place, if it were true he ought not to have told it to frighten people out of their wits. The fact is, no such statement represents the truth. A person subject to asthma is no more likely to die with diphtheria than any one else. All such talk is balderdash—playing to the galleries.

But had the doctor stopped here, all would have been well. It seems he was a believer in diphtheria anti-toxin and advised that it be used, so he got his horrible instruments and poisonous injection and calmly and deliberately injected it into the veins of this poor, defenseless little victim. She died as suddenly as if he had shot her through the heart.

Thus we have one more victim to a horrible superstition; one more evidence that doctors are not to be trusted with the lives of the people; one more neighborhood aroused against the atrocities practiced in the name of medical science. The doctors will finally give up this sort of barbarism, but not until the people refuse to let them practice it any longer.

The doctors quit bleeding and giving calomel for typhoid fever quite a while ago, but they quit it only when the people compelled them to do so. The doctors will quit poisoning people with anti-toxin vaccine virus and the like some day, but there is little hope that they will quit so long as the people will submit. When the

people rebel and absolutely refuse to allow any such thing to be done, doctors will then suddenly discover that they have been mistaken all the while. Perhaps they will then try to invent some less harmful and more rational mode of treating contagious diseases. Perhaps they will.

The Editor of SUGGESTION addressed a letter to the *Greeley Tribune*, asking for a confirmation of the statements made in the account of the death of Lottie Wolfe, and received the following:

THE GREELEY TRIBUNE.

GREELEY, COLO., Sept. 29, 1903.

SUGGESTION, Chicago, Ill.

Gentlemen: Regarding inclosed clipping, I know of its truth. We were censured very severely at the time by some of the medical profession, not because of any claimed inaccuracy, but for giving the matter publicity. At the time it was published I assured myself of its correctness, knowing the seriousness to us of printing it in case it should not be correct. I might add that Mr. Wolfe is not a relative of mine. Very truly,

C. H. WOLFE, Manager.

Two Classes.

There are two kinds of people on earth today,
Just two kinds of people, no more, I say.

Not the sinner and saint, for 'tis well understood
The good are half bad, and the bad are half good.

Not the rich and the poor, for to count a man's wealth
You must first know the state of his conscience and health.

Not the humble and proud, for in life's little span,
Who puts on vain airs is not counted a man.

Not the happy and sad, for the swift-flying years
Bring each man his laughter and each man his tears.

No, the two kinds of people on earth I mean,
Are the people who lift and the people who lean.

Wherever you go, you will find the world's masses
Are always divided in just these two classes.

And oddly enough, you will find, too, I wean,
There is only one lifter to twenty who lean.

In which class are you? Are you easing the load
Of overtaxed lifters who toil down the road?

Or are you a leaner who lets others bear
Your portion of labor and worry and care?

—Ella Wheeler Wilcox, in *Harper's Weekly*.

Don't Worry Club.

Give Your Troubles a Rest.

SOME people are strong on exaggerating their miseries; they want sympathy. They are cowardly and make a business of worry. The fact is as to such people, most of their troubles and worries never come to pass. They are strong on anticipating the worst.

* * *

It is through experiences we gain knowledge and wisdom. When the wild oats have all been sown you will soon forget all about the faults that caused you so much anxiety. Your friends and neighbors, knowing the heavy crop you harvested on the wild oats sown, will be very slow to believe in the new crop of better things.

* * *

Tribulation is a habit. Be brave and utter a cheerful word, in place of the complaining one. Keeping silent in an atmosphere of discord, attracts to you peace and serenity, instead of pain and sorrow. "As a man thinketh in his heart, so is he." No greater truth was ever uttered. Grumblers antagonize that truth. As soon as a person stops thinking trouble and goes to thinking joy—then joy will materialize.

* * *

If our friends stumble and fall in sowing their crop of wild oats, don't worry; in time they will get up and stay up. Of course we are not pleased with the process. We should just let it pass and not worry. We should be just so busy with our own growth, and unfoldment of our own happiness as not to be perturbed. Let us keep busy in attending to our own business. All things "will come out right in the wash."

* * *

The world has scant patience for tales of woe, unless there is an element of injustice involved. Petty troubles, fantastic worries and cynical complaints are as unattractive to the busy world as the smallpox. If you are so full of them that you must have vent or explode, then tackle a parson, lawyer or policeman, as those gentlemen shine and flourish on trouble—it is their long suit.

* * *

Happy, contented people, you will find, have formed active thought partnership with Courage, Even Temper, Cheerfulness and Confidence. Just quit living on the dark side of life; and make up your mind that sunshine shall come into your soul. Infinite Energy pays all of us in our own coin. You pay out smiles, frowns; laughs, sighs; loves, hates; helpful thoughts, selfish thoughts; they all come back to you in kind.

L. W. BILLINGSLEY, Lincoln, Neb.

Psycho-Therapy.

The publisher is pleased to announce that Dr. Leavitt's new book, Psycho-Therapy, has met with a flattering reception. The review notices have been a surprise to the author, as very favorable notices have been received from unexpected sources. The daily press has given considerable space to review notices. Ella Wheeler Wilcox has taken an interest in the book, and has given it a warm endorsement, stating that this is a book that she would like to aid in circulating.

In fact, all signs point to a gradual change in public opinion regarding the cure of the sick. Heretofore, the doctors have only offered drugs, poisons, prescriptions and formulas. It is now believed by many that disease is of psychical origin, and that the proper way to treat "dis-ease" is through the subconscious centers. This is the theory elaborated in Dr. Leavitt's book, and his experience in thousands of cases has shown that disease can be cured without drugs. If a large percentage of diseases can be cured by natural methods, why use drugs in these cases? There is a legend that ages ago the Chinese thought the only way a pig could be roasted was by burning a house which sheltered a nest of porkers. But some genius arose, who said: "Why burn a house to roast a pig? There are other ways." So in healing there are other ways, and it is the personal opinion among psychologists that drugs cure only as they are the means of implanting suggestions. As burning a house is a very poor way to roast a pig, although often efficacious, so drug-giving is a poor way to reach the root of disease, although probably better than no method.

The object of the review is to interest SUGGESTION readers in Dr. Leavitt's book. The book is valuable to every doctor, nurse, Christian Scientist, osteopath, healer and student. It is written in simple language; it means what it says, and says what it means. Send a postal to Dr. Sheldon Leavitt, 4665 Lake avenue, Chicago, for table of contents and descriptive matter. Better send \$2 and get the book. Your money will be returned within ten days if you return the book, stating that you are dissatisfied.

This Friend Sends Us a Dollar Because He Saw a Suggestion Letterhead.

ELMER ELLSWORTH CAREY,

Asst. Editor SUGGESTION:

Dear Sir—Your letterhead interests me \$1 worth, which I enclose for a yearly subscription. Please send SUGGESTION to my address.

Very respectfully,

J. E. PETTIT,
145 Campbell avenue,
Chicago.

Chief Operator Postal Telegraph Company.

Our Contemporaries.

Journal—Public Health, published by C. P. Wood, 108 Powell avenue, Evansville, Ind. One dollar a year, ten cents a copy. Leading papers in January number are "The Evolution of Public Sanitation," by William H. Allen, Ph. D.; "Organized Effort in Behalf of Public Health," presidential address Thirty-first Annual Meeting of the American Public Health Association, at Washington, D. C., Walter Wyman, surgeon-general U. S. Public Health and Marine Hospital Service, president; "Life, Living and Nutrition," Cincinnati *Lancet Clynic*; "The Splendid Vitality of the Jews—The Result of the Observance of the Old Testament Dietary and Sanitary Laws," *The Christian*; Some Precautions for Prevention of Disease.



Now, a journal of affirmation for advanced thinkers, Henry Harrison Brown, editor, 1437 Market street, San Francisco, \$1 per year, contains for February: Life and Thought; Soul Culture Lesson, I Am; Affirmations, Forgetting; Why Do We Eat? Truth and Love, a Vision; Telepathy Extraordinary; "Home" Echoes; Commonsense Treatments for Health; Poems by Henry Harrison Brown, Sam Extom Foulde, Milo Leon Norton, and others; editorial notes upon many things; fine selections from current literature, etc.

Now and SUGGESTION will be sent to new subscribers one year for \$1.10. Send for sample copy of *Now*.



THE MARCH issue of the *Phrenological Journal*, 24 East Twenty-second street, New York, contains a sketch of the Hon. Elihu Root, the late Mrs. Booth-Tucker, the late Charles T. Saxton of Rochester and an article on "How a Man's Career Shows Itself in His Face." Send for sample copy; new subscribers can have the *Phrenological Journal* and SUGGESTION one year for \$1.25; renewals, \$1.50.



THE PSYCHIC ERA, Des Moines, Iowa. A journal of applied psychology. Monthly, 50 cents per year. Sample copies on request. "Development of the Mental Faculties," by May Lorimer, and "The Law of Thought Force," by J. A. Potter, M. D., are important articles in the current issue. New subscribers can have *The Psychic Era* and SUGGESTION one year for one dollar.



MANY students of psychology will be pleased to know that Mr. William A. Barnes, a well-known psychologist, is again publishing his quarterly, *Practical Psychology*, his address being 130 St. Botolph street, Boston, Mass. Those interested will communicate with Mr. Barnes.

If you would be a man speak what you think today in words as hard as cannon balls, and tomorrow speak what tomorrow thinks in hard words again, though it contradict everything you said today.—*Emerson*.

Experiences

THIS column is devoted solely to contributions from readers of SUGGESTION who desire to assist in the investigation of psychic phenomena by reporting interesting facts from their own experiences, or any phenomena they have witnessed.

We give this opportunity to our readers in order to stimulate increased interest in the study of the occult, and to obtain all possible reliable data on the subject. It is only by intelligent, painstaking observation of particular instances, and their accurate reporting, that satisfactory evidence can be accumulated. True scientific inquiry takes nothing for granted, and has no preferences; but seeks only to discover the truth, no matter what that may be.

As this is distinctively a column for contributions from readers, no comments from the editor will find their way into it. Moreover, the editor desires it to be distinctly understood that he is not responsible for the views of any contributor to this column. The experiences are published for what they may be worth, but the absence of editorial comment must not be taken as an indication that any contribution or discussion accords in the slightest with the editor's own opinion.—EDITOR.

Curious Antics of a Table.

EDITOR SUGGESTION:

I promised you some time ago to submit to your greater knowledge and deeper wisdom some few of my own experiences and observations along the lines of spirit demonstrations, the most intricate to me being the most simple. As I mentioned before, I live just across the divide—the spiritualist's paradise, "Lily Dale," with its glimpses of heaven and its inhabitants on the north, and an orthodox battlefield representing hell with all its horrors on the south—and I between. But when I want facts to lead me to the Temple of Truth I read SUGGESTION and *New Thought*. I am familiar with the faces and come, more or less, in touch, personally, with all the inspirational speakers and mediums of note. The Bangs Sisters and many other phenomena venders run riot here during the session. W. J. Colville, once called "the inspired idiot," who formerly could not say the alphabet without the aid of his "guides," can hold an audience spellbound with his flowing language, the philosophy of which I never could understand. The world demands "humbug," and they get plenty of it at the "Dale," as well as much truth.

I do not question how these things are done. I have seen things done in my own home that puzzles me greatly. A lady friend of mine, whose age is seventy-two, a very modest old mother soul, will sit at a table, any table, at any time and under any conditions, with hands outspread on table, when raps will come, loud and clear, purporting to be some personality from the "Hence" or "Yonder," the other plane, giving or spelling out name by a system we have of calling off the alphabet. The table will answer questions regarding episodes and incidents unknown to the medium, and asked mentally by any person in the room. The table will dance to music, keeping time, etc. Will raise two legs from the floor, lie down and get up, walk or move to any part of the room and do almost anything asked of it, with only the medium's fingers on the table; and it answers all her questions intelligently, for illustration:

I was invited to a card party and intended to go up to the last moment. My husband, who, by the way, is a railroad man and a good Catholic, came home unexpectedly, and I did not go. They met in my parlors the next evening. I had not mentioned Mr. B.'s being at home.

The intelligence that moved the table was asked if it would spell out the reasons why I did not go to the party. The table turned around and around until it got to the remote end of the room, where Mr. B.'s large picture rests against an easel, and leaned against it.

Someone present said, "Oh! Tom was at home!" whereupon the table raised quickly three times, meaning "Yes," according to the code, and then shook as if with laughter. There is no fraud about this simple phenomena, which is the greatest problem to me, as I know it to be a fact, the lady in question never having posed as a public medium or a phenomena producer, and does not assume to know why. In light or in darkness "it moves for all that." Will you, can you tell us why?

I am not a spiritualist, but a true disciple of the New Thought, Suggestion, etc. I have sent you a list of names for sample copies of SUGGESTION, not all of whom are "deeply interested" in "New Thought," but they are liberals just awakening to the recognition of the God of cause and effect. You may do them some good, not unmindful of self.

I wish to add that SUGGESTION has saved me much in the way of suffering and of finance. Today I am healthy. Four years ago I was a physical wreck. Yes, a mental wreck. Dr. Englehart, of Mt. Clemens, Mich., sent me your book along with some medicine. I took the book and threw the medicine away, and today I am healthy, happy and free.

With the same to you with success appended, I sign,
Burnhams, N. Y. MAY BURKE.

Telepathy.

EDITOR SUGGESTION:

Dear Sir—I made some tests in telepathy the other evening that may be of interest to you and the readers of the magazine. I put a young fellow in the suggestive condition and told him that his mind and my mind were the same, that he could tell me anything I was thinking about. I looked at a sign on the wall and asked him to spell it out, which he did. I then told, or rather motioned, for one of the audience to leave the room, which he did, and my subject without a moment's delay told who it was. I then took out my watch, asked him what time it was, and he said half past eight, which was correct. I performed several of these tests and he was correct in every one. Can you explain it other than telepathy?

I have a patient I intend to treat for the liquor habit who has been drinking for many years. Any suggestions you can give me in this matter will be highly appreciated. I want to be successful in his cure, as I intend at no distant day to confine myself to the practice of suggestive therapeutics, as I find that there is a large number of people getting over the idea of drugs.

Hoping to hear from you soon, I remain,

Very respectfully,
Ashley, N. D. W. C. OWEN.

I don't care to meet the man who has never made a mistake, for that infallible individual has likely never made anything else.—*H. Macaulay.*

Publisher's Department

Are You Looking for a Typewriter.

The competition among the more important of Correspondence Schools teaching stenography, engineering, language, etc., has become very keen in the last year or two. Each vies with the other in making their courses most complete and their terms most reasonable. This has caused many ingenious methods to be exploited, a great many of which have been more or less successful.

Coming to our notice, however, as the most conspicuous for its liberality, is the offer now being made with much success by J. C. Beck Jr., who teaches Shorthand by mail, and whose offices are at 110 West Thirty-fourth street, New York.

Realizing that Shorthand is of practically little value without a knowledge of Typewriting, and that a student could obtain a position in the smaller cities and towns very much easier if they owned a typewriter and knew how to use it, Mr. Beck made arrangements with the Lambert Typewriter Company for a large number of machines, one of which he gives free of charge to every student who takes the regular Shorthand Course.

The cost of the full course, notwithstanding the fact that the Typewriter (and lessons in the Touch System, too, by the way) is given away, is less than many of Mr. Beck's competitors. To each prospective student it is pointed out that since they become the owner, immediately after enrollment, of a first-class typewriter which can be mastered in a few days, they are placed in a position to make money doing copy work, sufficient at least, perhaps more than enough, to pay for the lessons.

The competition alluded to above among the various Correspondence Schools has resulted to the great advantage of the student. It remained for Mr. Beck, however, to "go 'em one better" and make the offer cited in this article.

A fact probably little realized by the inexperienced in mail instruction is that pupils can be taught in this way just as thoroughly, if not even more so, than where a class is personally attended. The reason for this lies in the fact that each student receives lessons designed especially to suit his individual case, and every lesson is gone over, corrected, criticized and explained in a way that is practically impossible where one instructor is teaching in an hour or two a class numbering forty to sixty. The manager of SUGGESTION trusts that every one interested in any way will send for details of Mr. Beck's plan. The manager is personally acquainted with Mr. Beck and can vouch for his reliability, and the efficiency of the Lambert typewriter. Yes, I think it will be a good plan to write a postal now. Tell Mr. Beck I said so.

E. E. C.

Physiological Foods.

The SUGGESTION man who looks after this department feels justified in calling special attention to the Ensign Remedies, advertised in this number. The claims made by the manufacturers may seem extravagant, but if reports are correct they are entitled to all they claim. The tissue salts must be classed among the foods, as they are necessary elements of the body, and life could not exist without them. They are certainly not drugs, and people can not be injured by them, while the testimony is that they are of great benefit at least frequently. We believe that there is enough in their favor to justify a trial of these Nature cures. Why not find out yourself?

Why Not Use a Mattress.

There is an advertisement in this issue of the Ostermoor mattress. The people who make the mattress (it is a very good mattress in every way) want to find out if the SUGGESTION Family use mattresses. Probably they think we use haystacks and dry goods boxes. Anyway, I want everyone who is thinking about a new mattress to write for particulars. I want to show the mattress people that some of us *do* use a mattress occasionally. If we can show any interest in the mattress question they will continue advertising with us. As we spend one-third of our lives sleeping, it is worth while to have a comfortable bed.

The Ostermoor folk claim to make the best mattress on earth. Please write for particulars and tell them you are a SUGGESTION reader, and that you have been known to indulge in the mattress habit. Will you please do this now? A postal will do. The Ostermoor folk are going to tell us how many replies they get from this notice, and I hope there will be about 986.

E. E. C.

For the Relief of Pain.

The Antikamnia Chemical Company of St. Louis are the manufacturers of a preparation called "Anti-Kamnia." This preparation is famed as an anodyne; it subdues pain, distress, fever, etc. Of course, anti-kamnia does not remove the *cause*, but in a severe case of headache, neuralgia, cold, etc., ten grains will give relief, until nature has had an opportunity to establish peace in the system.

Drugs are not natural, and their use is not recommended, but in an emergency, probably nothing known to science will so quickly relieve pain and at the same time cause no ill effects as these tablets.

Antikamnia does not cause a habit for the drug to be formed, and if a sedative is indicated this preparation can be safely used. These remarks are prompted by personal experience, and do not exaggerate the facts. By the way, any one who will send ten cents (silver or stamps) to the Antikamnia Company, 1622 Pine street, St. Louis, and mention this notice, will receive a beautiful colored picture, on heavy cardboard. The picture represents the calm, sweet face of a sister of mercy, and is entitled "Confidence," after the well known painting by Getty. It is certainly worth the small sum asked, and will be appreciated by all lovers of the beautiful.

Facts About Water.

The A. H. Pierce Manufacturing Company, of 78 North Green street, Chicago, the makers of the Sanitary Water Still, are issuing a leaflet that is worthy of consideration by all who are studying natural hygienic methods. The leaflet is as follows:

THE NOBLEST BEVERAGE OF THEM ALL

Is water, which feeds and washes the body, preserving the elasticity of muscles, cartilages, tendons, and even bones.

A Brooklyn physician, sixty-two years old, has renewed his youth like the eagle by drinking from three to four quarts of water every day. He can do feats of flexibility now that he could not at twenty-one.

Water is as much needed for the internal bath as it is for the external, and without it the inner man can not be cleanly.

Without enough water the tissues get too dry, the blood thick and sluggish, and the waste matters are not expelled, but retained and circulated about, defiling the blood.

This is the history of nearly all diseases, and is called "auto-intoxication" in medical dictionaries.

Without enough water the body starves, water being from 60 to 70 per cent of the entire body weight.

The time to drink water is not at meals.

Drink two glassfuls immediately on rising and two before going to bed, three in the morning and three in the afternoon.

Don't drink within half an hour before meal time nor two hours after.

The water drinker cultivates a clear complexion with every glassful, wards off rheumatism, constipation, and a great many other hideous diseases, and best, last, and most of all, old age.

Ponce de Leon's fountain is found, but

PURE WATER is most essential and it is only by distillation that absolutely pure water can be obtained. No known filter will remove all disease-bearing germs. They only strain out foreign matter. The eminent authorities agree that filters, though they make the water clear and pleasing to the eye, will not prevent the passage of germs of intestinal diseases.

Distilled water as made by most stills on the market is pure, but containing no air, is flat and insipid to the taste. Such water left uncorked will absorb air in large quantities. If this air, however, is not sterilized, it may contain odors or germs of disease that will pollute the water, making it, though palatable, unfit for drinking purposes.

The Sanitary Still not only distills the water, but aerates at the same time, making the product of this still as pleasing to the taste as many mineral waters.

How to Buy Wall Paper by Mail.

Everything is sold by mail nowadays, and so an enterprising firm has arranged to sell wall paper on the long distance plan. If any of our friends are interested, let them send 10 cents to the Empire Decorative Company, Department C, 1902 Broadway, New York, and samples and rules for measuring will be forwarded. This company is responsible and liberal and courteous treatment is the rule. See their card in another column. State for what rooms samples are desired and you will be pleased to find how easily you can get the most beautiful patterns at wholesale rates. Try it.

The Realm of Books

THE TRUTH IN CHRISTIAN SCIENCE. By Herbert Ernest Cushman, Ph. D., Professor of Philosophy in Tufts College, Boston. James H. West Company.

On a topic so converted, on a subject so rent with strife, this word of Dr. Cushman's commands the thoughtful person's attention. It may not be the last word, but it is a just, fair, able, thoughtful criticism of the Christian Scientist, his theory and his practice. These Dr. Cushman defends both from the thoughtless and ignorant praise of many of their friends, and the equally thoughtless and ignorant abuse of their enemies. He clears away the rubbish and scrapes off the mud that prejudice has heaped upon the Eddyite and his doctrine, and in the clear, fair light of history and philosophy, he says that Christian Science is this, and this, and this, and thus and so; and part of what he says is doubtless welcome to the Christian Scientist, and part is doubtless not. For he begins with a manly defense of this sect, and shows in a few strong paragraphs his own insight into human nature, and reveals that within himself is that quality of sympathy without which no man shall see the Lord, nor brute, nor man. He says that he does not believe that the blind warfare which *materia medica* has carried on against Christian Science has resulted in anything else than to advertise the Christian Science doctrine, and to impeach the authority of the regular physician. Then the author proceeds to reveal to the Christian Scientist some things he does not know, and shows him that his theory is only a new out-cropping of ancient philosophies—modern and useful, doubtless, but not unique, as he fondly claims; that his disowned kinsmen,—the mental scientist, the divine healer, the so-called hypnotist,—are his kinsmen still, and that the common principle of them all is that of suggestion—a fact that of the four only the "hypnotist" has known. Dr. Cushman then dexterously throws the calcium on the inconsistencies of the Christian Scientist's own setting forth of Christian Science, and proves logically by Christian Science that there is no Christian Science, that there never was any Christian Science, and that to go off and all kill themselves is really the only act the Christian Scientists can perform in harmony with their negative creed. Which suggestion they will doubtless ignore. It is to be hoped that all readers of SUGGESTION will send for a copy of this little book. The cost is probably not more than 75 cents or a dollar. For \$1.25 SUGGESTION will be sent one year and a copy of the book forwarded postpaid.

A CONTRAST.

Behind thee leave thy merchandise,
Thy churches and thy charities,
And leave thy peacock wit behind;
Enough for thee the primal mind
That flows in streams, that breathes in wind.—*Emerson.*

HYGIENE

THIS department will prove valuable to the thoughtful reader. Only items containing practical and rational ideas will be inserted, and while the Editor does not necessarily endorse all the opinions given, still the intelligent investigator will prove all things and hold fast to the good. Only by thinking, studying, comparing and testing can any real advance in hygienic knowledge be obtained. If satisfactory results follow the use of any suggestions made in this department we will be pleased to hear of them.—EDITOR.

The Drug Superstition.

By HARRY ELLINGTON BROOK.

A LOS ANGELES physician sends the editor of this department a copy of a 400-page volume entitled "Specific Medication and Specific Medicines," by Dr. John M. Scudder, M. D., tenth edition, published in Cincinnati in 1881.

Possibly the medical gentleman who favored the editor with a copy of this more or less valuable work imagined that it might in some way convert him to believe in the drug superstition. On the contrary, a perusal of these pages is enough to make any intelligent hygienist go out into the woods and kick himself for being a member of a race that contains so many people in these latter days who are willing to swallow—physically and mentally—such nauseating doses. Throughout the entire book there is nothing but a list of symptoms, and then the stereotyped story of certain poisonous drugs that are to be used for a cure—or attempted cure. Not a word about diet, or bathing, or breathing, or exercising, or other branches of hygiene.

Fortunately, even the "regular school" of the medical world is gradually emerging from this Egyptian darkness, and is beginning to doubt the wisdom of the drug superstition—is beginning to pay more attention to the laws of nature, which are the only means of relieving sickness and curing disease.

The editor of this department looks forward to the times—and in the not very distant future—when a physician will be really a healer, not merely an administrator of poisonous drugs, regarding the working of which he has little or no conception, except as to the symptoms they produce, and fashions in regard to which change, like bonnets, from season to season. In endeavoring to hasten the arrival of this good time *The Times*, in this department, believes that it is doing good service, both to physicians and to patients, for certainly the position of a physician will be a far higher and nobler one when he is the honored and trusted adviser of the family as to hygiene, paid by the year to keep the family well, rather than a "hit and miss" practitioner, who is called in when things are desperate, to try and repair the damage done by errors in living, by firing haphazard remedies out of a bottle.—*Care of the Body Department, Los Angeles Times.*

Toleration is yet a myth, and the unwritten law is that you must conform.—*Thomas E. Watson.*

This, That and the Other

Auto-Suggestion.

For Suggestion.

You just affirm that you possess,
The traits that you admire,
Then act as though they were your own—
You'll soon have your desire.

CHRISTINE CAMPBELL.

Nutritive Lemonade.

The following recipe for making a white-of-egg lemonade: Take two lemons, the yellow rinds of which are used for flavoring; the inner white rinds are thrown away. Pour over the slices and yellow rinds of the lemons a pint of hot water. Stir until cooled to the temperature of ordinary tea, and then strain. The whites of two eggs are then slowly added, the liquid meanwhile being briskly stirred. The mixture is whipped for several minutes and then strained. Sugar to taste. Serve cold.—*International Clinic.*

Treatment for Felon—Here it Is.

The skin of an egg has been recommended in felons, but does not seem to be very efficacious. Dr. Whitman, in the *Medical Visitor*, says that for the last fifteen years he has used the whole egg and has yet to see a case it will not cure, if it is a real bone felon. He uses it thus: Take a fresh egg and crack the shell at the larger end, making a hole just large enough to admit the thumb or finger, which ever it may be, and force it into the egg as far as you can without further rupturing the shell. Wipe off the egg which runs out and bind around the whole of a handkerchief or soft cloth. Let it remain on over night, and generally the felon is cured; if not, make another application. Dr. W. has yet to see the case where it has failed, and would be pleased to hear from any one trying this where it has not cured.—*Medical Summary.*

This Doctor Knows.

DR. H. A. PARKYN:

Dear Brother and Friend—I send one dollar for my subscription for SUGGESTION. I am a firm believer in the doctrine of Suggestion, that the mind acts directly upon every organ of the body where auto-suggestion is carried out faithfully by the patient, and will cure the majority of all functional diseases. You will please send SUGGESTION on, as I can not get along in my practice without it; and also send me "Marriage, Motherhood, Health and Hygiene," by Greer, if I am entitled to it by renewing my subscription. May the good God bless you and your co-laborers in the good work you are doing in enlightening the minds of the people upon the law of psychic phenomena. Let me congratulate you upon the SUGGESTION magazine. It gets better every month. Yours fraternally,

Thomasville, Ga.

DR. M. R. CASSADY.